GRAPEVINE™
VISITACION·VALLEY

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Final Valley Workshop for Leland Avenue Design

Visitacion Valley residents are invited to attend the third of three hands-on design workshops for the Leland Avenue Street Design Project on Saturday, Feb. 11 from 9:30 a.m. to 12:30 p.m. at the Visitacion Valley Elementary School auditorium, 55 Schwerin St. Building on input received in the first two workshops and a recent merchants' workshop, this third workshop will present a draft design for Leland Avenue. Workshop participants will have an opportunity to comment on what they do and don't like about the design. This community feedback will be incorporated into the final design. A Summary Map compiled from ideasfrom the first workshop on Oct. 22 appears on Page 6.

A Long Road of Uncertainty for Proposed Valley Branch Library

by Russel Morine

In November 2000, San Francisco voters overwhelming approved Prop A, The Branch Library Improvement Bond. Prop A would fund $105,865,000 for the acquisition, renovation and the construction of numerous San Francisco branch libraries.

The Branch Library Improvement Program (BLIP) was created by the San Francisco Public Library (SFPL) to oversee the allocation of these funds. Part of the mandate of Prop A was to replace with new construction the four SFPL branches housed in rented buildings.

The Visitacion Valley Branch, currently housed in a rented 2,300 square foot storefront, was designated as a "new construction" project.

In 2001, the BLIP budgeted $5,320,000 (adjusted to $5,826,500 in 2005) for site acquisition, design, and the construction of our "new" Visitacion Valley Branch Library.

Throughout 2002 the BLIP held a series of community meetings regarding potential sites in Visitacion Valley that could accommodate the new library. The community selected the 16,000 square foot Super Fair market site, at the corner of Leland Avenue and Rutland Street.

Although the site was larger than a 8,000 to 10,000 square foot site needed and hence more costly then, the Chief Librarian at the time nevertheless commented, "Other costs to develop the new branch were within expected budgets and that having the additional property for future library expansion could be a key factor in facilitating a successful Prop. 14 (a State library improvement bond) application for this branch. ... this was the best potential site and would be a good investment for the library as well as for the community."

In 2003, the Super Fair site was purchased from a private owner for $2,244,927, leaving about $2,477,416 (not including soft cost of $1,162,157) for construction. Late 2003, The BLIP again engaged the Visitacion Valley community to gain input as the project moved into the design phase.

As a result of the anticipated future needs of the community and to best utilize the site, a single use 8,761 square foot, single story building was designed. The projected cost of this design was $8,695,950.

In January 2004, The BLIP submitted a proposal for $5,610,625 to the State Prop 14 bond to augment the projected cost of the single use building. At the time the BLIP had sufficient funds to build an "approximately 7,200 square foot building."

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Playground Report Card for Parks Council

All local park volunteers are encouraged to join the Neighborhood Parks Council (NPC) at one of four locations on Saturday, Feb. 11, designated Love Your Playground Day from 9 to 11 a.m. to create a citywide Playground Report Card.

Locations will include: Duboce Park (Duboce Avenue at Scott), Franklin Square (16th Street at Bryant), West Portal Playground (Ulloa Street at Lenox) and Crocker Amazon Playground (Geneva Avenue at Moscow).

The Report Card will provide the Recreation and Park Department with necessary information to direct their limited resources for maintenance and improvements.

The goal of the project is to complete a survey at every playground (144 total) in San Francisco.

The Neighborhood Parks Council, www.sfneighborhoodparks.org, is a coalition of more than 120 community-based park groups that are actively involved in improving and restoring neighborhood parks in San Francisco. The Council, a non-profit project, provides leadership and support to park users through community-driven stewardship, education, planning and research.

Chinese Lunar New Year Celebrates the Year of the Dog

Welcome to the year of the Dog! The Chinese Lunar New Year is the longest chronological record in history, dating from 2600 BC.

The Chinese calendar is a yearly one, with the start of the year being based on the cycles of the moon. Therefore, the beginning of the year can fall anywhere from late January to mid February.

This year it falls on Jan. 29, 2006. A complete cycle of the calendar takes 60 years and is made up of five cycles of 12 years each. Each of the 12 years is named after an animal.

Legend says that Lord Buddha summoned all the animals to come to him before he departed from the earth. Only 12 came to say farewell and as a reward he named a year after each one in the order they arrived.

The Chinese believe the animal ruling the year in which a person was born has a profound influence on his/her personality.

The Chinese Zodiac consists of the rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog and pig. If you were born in 1910, 1922, 1934, 1946, 1958, 1970, 1982, or 1994, you were born in the Year of the Dog.

The Dog Personality

People born in the year of the Dog tend to be very well liked. Dogs are honest, intelligent and straightforward. They have a deep sense of loyalty and integrity, are trustworthy, and inspire other people's confidence because they know how to keep secrets.

Dog people are usually animated and attractive. Generally amiable and unpretentious, they can get along with others easily. Dogs like to meet others halfway, are always willing to listen to reason and can be counted on to do their share.

Most people born under this sign are very strong, often able to take large amounts of stress or hardship without ill effect.

Even though Dogs often put on a bright and cheerful appearance, the Dog is by nature somewhat a pessimist. They tend to worry unnecessarily and would benefit by learning to relax and realize that it is impossible to control everything.

Career

Dogs are resourceful and eager to help out at work. Reliable to a fault, they never shirk their duties and always do their fair share and often more.

Dogs enjoy learning new skills and as a result are cherished employees.

Responsible and compassionate by nature, dogs can be trusted with sensitive information. A Dog's just and fair disposition often finds them in positions of leadership where decisions have to be made; it's discerning nature and superb insight into human nature make it an successful businessperson.

Dogs make excellent nurses, counselors, priests, politicians, judges, clerks, police officers, psychiatrists, scientists, teachers, and professors.

Money

Dogs care little for wealth, yet somehow always seem to have money. In many cases, they will be born into a good family; if not, they will pull themselves up by their own bootstraps to elevate their status in life.

Dogs work hard and spend wisely. They do not work to buy luxurious things, rather they work to secure a future for their families. Dogs generally have hidden savings accounts for future family endeavors such as family vacations and college tuition.

Friends and Enemies

Dogs are easy to get along with and generally have many friends. They are giving, supportive and calming to those they hold dear. They don't hold grudges or bear any bad feelings towards anyone who has treated them respectfully and justly.

While dogs are often tolerant of their friends and all of their imperfections, they can be stubborn, critical of and emotionally cold to people they dislike or who deceive them. Dogs are practical, fearless and known for a very sharp tongue, often leading them to be ultra-realistic and outspoken.

Dogs are excellent listeners, always willing to offer a sympathetic ear to anyone in need. The Dog is a sign people like to turn to when they need help because the Dog will come through every time. This animal has a capacity for great empathy and is sensitive to others, particularly if someone has suffered an injustice.

Dogs will often put the well-being of others before their own. Money and status don't matter much to the Dog. This sign is more concerned with the welfare of family and friends and will do whatever it takes to help them. Dogs are compatible with Rabbits, Tigers and Horses and find enemies with Dragons.

Love

People born in the year of the dog tend to enter relationships that are balanced, where both partners can give as well as take. When in love, Dogs are usually very generous, loyal, and honest. While the dog personality is very easy to love, they often have trouble trusting others. Therefore, Dogs find it easier to form a friendship first and let it slowly develop into a romance. Potential mates must gain this sign's confidence and trust gradually. Without this trust as a foundation, Dogs can be judgmental and coarse.

Once committed, Dogs they are loving and faithful and quick to defend their partner. This sign places complete faith in their partners and gives them undivided support. At times, Dogs can become possessive and protective, but generally they are open and trusting of their mate. In a Dog's eyes, the person they love can do no wrong.

See Page 3

Free Tax Help for Low Income Households

Households in Visitacion Valley that earned less than $38,000 in 2005 are eligible for free tax filing assistance at the Visitacion Valley Community Center, 66 Raymond Ave., on Saturdays from 10 a.m. to 3 p.m. through Feb. 25.

Assistance is rendered on a walk-in basis and Chinese is spoken.

In recent years, $75 million in federal Earned Income Tax Credits (EITC) went unclaimed by low-income Bay Area families because they were unaware of this significant tax credit, which refunds up to $4,400 to low-income working individuals and their families.

To be eligible for the EITC tax credit, families with two dependants who earned less than $37,263 in 2005 may qualify for up to $4,400. Earn It! Keep It! Save It! sites in San Francisco arel also helping eligible tax filers complete San Francisco's Working Families Credit (WFC) application.

Last year, Earn It! Keep It! Save It! helped 13,555 low-income families in six Bay Area counties claim $15.2 million in tax refunds. The Bay Area coalition is part of a national movement working to leverage the full potential of federal and local income tax credits to make work pay for low-income families and communities.

United Way of the Bay Area leads Earn It! Keep It! Save It! Bay Area, a coalition of over 200 community-based organizations, government agencies and financial institutions providing free tax return preparation service, assistance with filing tax credit claims, and asset building information to eligible residents in Alameda, Contra Costa, Marin, Napa, San Francisco, San Mateo and Solano counties.

For more information about tax preparation site locations, eligibility, what documents to bring, taxpayers can call United Way's Helplink at 1-800-358-8832 or visit www.earnitkeepitsaveit.org.

City Starts Using Pre-Paid Parking Cards

On Dec. 22, the San Francisco Municipal Transportation Agency (MTA) unveiled a San Francisco Pre-Paid Parking Card to ease the challenge of finding the appropriate amount of change to use in parking meters.

The Pre-Paid Parking Card can be purchased in increments of $20 or $50 and most city meters have been formatted to accept the new cards. The only meters not programmed to accept the card are on Port property and multi-space meters.

The cards work by inserting them into a meter with the chip facing down. A meter window will initially display the remaining balance on a card, with time being added in 25 cent increments.

The MTA initially began selling the cards at the Muni sales booths and City Hallbut, with plans is now prepared to expand to extend sales to more than 25 locations throughout the city by Feb. 1.

Valley Job Project Graduates Honored

The Visitation Valley Transitional Job Project recently sponsored a dinner to honor its latest graduates which are now working for Goodwill Industries.

Grapevine Mailbox

Helping Sick Veterans

Dear Editor:

California has more active residents serving in the military today than any other state. It's no surprise then, that we have a strong history of supporting our military community. I hope Senator Dianne Feinstein and Senator Barbara Boxer can continue this tradition and provide aid to sick veterans by voting for the Fairness in Asbestos Injury Resolution (FAIR) Act when it comes to the Senate floor in early 2006.

There are roughly two and a half million veterans in our state alone. During the years between the Second World War and the Vietnam Conflict California was a major center for military shipbuilding and repair. From 1941 to 1974, for example, Hunters Point Naval Shipyard in San Francisco and it's annexed site concentrated on building craft and modifying or repairing naval ships and submarines.

Unfortunately, the military and private shipbuilders used asbestos in ship construction up until the mid 1970s. When inhaled, this material, can cause horrible life-threatening diseases like asbestosis and mesothelioma.

Decades later, many veterans are now being diagnosed with these asbestos-related diseases. They face staggering medical bills because their avenues for obtaining compensation are limited. Under the law, veterans exposed during their military service can't sue their employer, the federal government.

The Senate has a chance this January to finally help these sick veterans, while also aiding all victims who suffer from asbestos-related diseases. When the FAIR Act was considered in the Judiciary Committee, Senator Feinstein, who sits on that panel, worked hard to get this important bill, which would establish a defendant-financed asbestos victims' trust fund, approved.

The FAIR Act would once and for all pave the way for quick payments to flow to victims, including U.S. veterans exposed during service.

Asbestos litigation has become a sinkhole for almost all of those involved. The courts are inundated with lawsuits and can't act quickly to help sick victims. Government action is necessary. There are over 730,000 people who have filed lawsuits nationwide. These cases drag on for years and as a result, critical compensation is delayed.

In effect, the FAIR Act would remove the problem from the overloaded courts. By establishing a standard procedure for all those who are sick from asbestos exposure, the FAIR Act would save on administrative costs and ensure that the money would go straight to victims, and not to trial lawyers. And sick veterans would be able to apply for compensation without affecting their current Veterans Administration Benefits.

The VFW and more than a dozen other national veterans' organizations support this legislation because it is the only solution to the asbestos litigation crisis that will ensure sick veterans receive the compensation they need and deserve.

Brave men and women have answered the call to service in our country and now they deserve our help and support. Senator Feinstein is to be commended for her work on this critical legislation for vets. I urge both Senators Feinstein and Boxer to consider the benefits this legislation will provide to sick veterans and vote yes for the FAIR Act.

Sincerely, Henry H. Wadahara, Past State Commander, California Department of the Veterans of Foreign Wars

Gasoline Prices Shoot Way Up in January

California gas prices reversed course abruptly, ending a trend of falling prices that lasted for months. According to a new report on Jan. 10 from AAA of Northern California, which tracks gas prices as a service to consumers, the statewide average cost of a gallon of regular unleaded has increased by 13 cents in one week. This marks the first time consumer fuel prices have risen since October 2005.

The average statewide price for regular unleaded gas is $2.36, up 7 cents from the last AAA gas price report on Dec. 13. That price is 40 cents more than what Californians were paying on average a year ago.

"We often see price increases in January," said Sean Comey, spokesman for AAA of Northern California. "What's particularly troubling for consumers is that the average price for the first month of 2006 is starting at a much higher level than it did a year ago."

Gasoline prices have increased in part because of the rising cost of crude oil, the raw material from which gasoline is made. Oil is being traded today at about $63 per barrel. Over the last couple of months, the price for crude had generally been below the $60 a barrel mark. Every dollar increase in the cost of a barrel of crude usually translates into a 2.5 cent per gallon increase in consumer gas prices.

The California Energy Commission (CEC) reports state refinery output is healthy for this time of year. According to the most recent figures available from the CEC, refinery output is up by nearly 2 percent compared to the same time last year, despite ongoing maintenance work that often disrupts production.

The most expensive average gas price in Northern California communities where AAA monitors fuel costs is in South Lake Tahoe, where regular unleaded gas sells for $2.62 per gallon. They're followed by Eureka at $2.57. The lowest price among Northern California cities tracked by AAA is in San Rafael, where gas costs an average of $2.21 per gallon. Throughout Northern California, the average price is $2.31, up 6 cents from a month ago. In the Bay Area, the average price is $2.28, a 6-cent increase from December.

The nationwide average price was $2.32 per gallon, up 15 cents from a month ago. The most expensive gas in the United States is in Wailuku, Hawaii where a gallon of regular unleaded costs an average of $2.96. In this month's survey, the most expensive unleaded gas within the lower 48 states is found in New York City, where the price is $2.58 a gallon. The least expensive gas in the U.S. is in Provo, Utah where the average price is $2.00 per gallon.

Dispelling Common Cold and Flu Myths

by Lisa Chavis

According to the U.S. Food & Drug Administration, Americans suffer from approximately one billion colds annually, making it the most common ailment in the country. As many as half of all Americans are diagnosed with the flu each year.

Consumers may hear many common myths about colds and influenza. However, those myths can result in misdiagnosis, miscommunication and mistreatment. Armed with the proper information about the differences between the two illnesses and the appropriate treatments for each, many people would stand a better chance of winning the common cold war.

Here are some of the myths and truths about colds and the flu:

Myth: The flu shot causes the flu. The flu shot vaccine is made from inactive virus, which means you cannot catch the flu from the vaccine.

Myth: Antibiotics should be used to treat the flu. The over-prescribing of antibiotics has the potential to be a global health care crisis. Disease-causing bacteria are quickly becoming resistant to many of these drugs. In addition, influenza is a viral infection and does not respond to antibiotics.

Myth: Chicken soup and herbal remedies are great treatments for cold and flu. While chicken soup may make you feel better psychologically, it has never been clinically proven to be effective in treating a cold or the flu. Appropriate treatments include plenty of fluids-including soup-and lots of rest. A variety of over-the-counter medications such as decongestants, expectorants and antihistamines are available to relieve cold and flu symptoms.

Myth: You can catch a cold from going outside in cold weather. With apologies to grandmothers across the country, you cannot catch a cold from going outside without a jacket during the colder months. However, you can a catch a cold from other people who are infected through touching common surfaces or face-to-face contact.

For more information about cold and flu season, visit www.medco. com.

Lisa Chavis, RPh, is the lead pharmacist of the Drug Utilization Review (DUR) department at Medco Health Solutions Inc.'s Netpark-Tampa IV pharmacy. Her books include "The Family Pharmacist" and "Ask Your Pharmacist." NAPS

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Working Families Credit 2006

San Francisco Families Get a Break

by Mayor Gavin Newsom and S.F. Treasurer José Cisneros

Amid the resolutions and good tidings that a new year brings, there is one aspect of this season that many people dread: paying their taxes. This is especially tough for the lowest-income San Francisco families, who are raising children in one of the world's most expensive cities.

For families struggling to make ends meet, there is reason for hope. This is the second year of the City's Working Families Credit, a local match to the federal Earned Income Tax Credit.

To qualify for the Working Families Credit, a family must have made under $37,263 in 2005, applied for and received the Earned Income Tax Credit, live in San Francisco, and have at least one dependent child.

The Working Families Credit is designed to help families apply for one of the most effective federal antipoverty programs—the Earned Income Tax Credit (EITC). In San Francisco alone, as much as $12 million has been left unclaimed in prior years by qualified families who need the extra money, but are unaware of the program, or did not realize that they could receive money from the federal government even if they owed no taxes.

The EITC provides up to $4,400 to qualified low-income workers in order to make work pay and help the working poor get ahead. Each year the EITC lifts almost 5 million people, including 2.7 million children, above the federal poverty line.

Last year, the Working Families Credit program succeeded beyond our expectations. While we anticipated only 5,000 applicants for the local Working Families Credit this year, over 10,000 applied. These families received over $20 million in federal EITC benefits, matched by an additional $2 million investment from the local Working Families Credit. The average EITC benefit was approximately $2,200, matched by an average $220 from the City, with no strings attached.

Applications for the Working Families Credit can be picked up at any H&R Block location or any free tax preparation site in San Francisco, at the Treasurer's Office at City Hall (Room 140), all San Francisco public libraries, local Safeway, Bank of America, Wells Fargo and Citibank locations, or an application will be mailed to you by calling the Working Families Credit hotline at 415-554-5678. More information about the program is also available on the hotline and the program website: www.sfgov.org/wfc, including details about 13 local banks and credit unions that have agreed to open free accounts for EITC recipients, so that people can take the next step toward building assets for their families' future.

We are proud to be part of a City that is helping give hard-working San Franciscans a leg up, and encourage all eligible San Franciscans to apply for this worthwhile program.

Contributing Stories To the Grapevine

Contributions to the Visitacion Valley Grapevine may be e-mailed to visvalley@earthlink.net or be sent to 50 Raymond Ave., San Francisco, CA 94134 by the 15th of the prior month of publication. Call (415) 467-9300 or Fax (415) 467-3757. The Grapevine office is located on the second floor of the Visitacion Valley Community Center.

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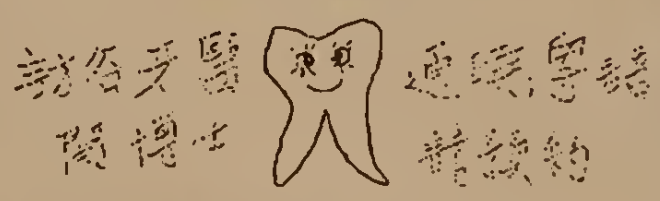
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You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.
Come to Church This Week

Resolve to be Prepared

Make 72hours.Org a New Year's Resolution

by Mayor Gavin Newsom

At the beginning of each year, we all say we're going to make a New Year's resolution. Lose weight, eat healthier, clean out the garage…or any number of things that never really get done. All these tasks seem to require too much time or commitment, and then we get caught up in our daily lives. It happens to everyone.

But this year, there's one resolution you can make that isn't too hard or too time-consuming. More importantly, it could be a lifesaver.

This year, resolve to be prepared for a disaster.

In the wake of all the devastation wrought by the hurricanes in the Gulf region, there is no better time for San Franciscans to remember that we too are vulnerable to natural disasters. Now more than ever, we need to focus on being prepared and keeping our families safe. In fact, it's our civic responsibility.

Months before Hurricane Katrina, our Office of Emergency Services and Homeland Security designed a new interactive website to help people learn about preparedness. We called it 72hours.org – to emphasize the fact that after a disaster, it may be at least three days before vital services are restored. This became crystal clear during this year's hurricane season.

72hours.org helps San Franciscans plan for emergencies such as earthquakes, fires, severe storms, power outages, and acts of terrorism. The website provides step-by-step instructions on how to make a family emergency plan, build a disaster kit, and get involved in training before a disaster occurs or volunteering to help out afterwards. All the information is available in English, Spanish and Chinese.

The first step in getting prepared is to develop a family emergency plan. Decide where you and your family will meet if you are separated when a disaster occurs. Make arrangements for who will pick up your kids if you're at work and can't get to them. Choose an out-of-state contact person – long distance phone lines may be in operation before local lines. Make copies of all your important documents and send them to a friend or family member out of town to hold for you. Inventory your valuables, and take pictures of them if you can.

You can do all this without spending a dime.

Next, you should make a disaster kit. There are some basic things you need, and you probably have a lot of it at home already. First and foremost: food, water and first aid supplies for people and pets.

Buy a transistor radio if you don't have one already. If you're stranded without power or telephones, the radio may be the only way to get vital instructions on where to go and what to do.

Add a flashlight, batteries, and manual can opener. You should also have a change of clothes and personal hygiene items.

The most important thing to remember in putting together this kit is that it should be personalized for your family's own needs. Prescription medicines and other items you couldn't live without should be at the top of your list of things to include.

Whether it's an earthquake, flood, or other emergency, this will be your survival kit.

Getting prepared involves simple steps we can all take – but they could mean more than we can imagine. If you are able to take care of yourself and your family in those crucial hours following a disaster, then emergency personnel will be able to use resources for those in the most need of help.

So let's all make our 2006 resolutions more meaningful than in years past. Let's all resolve to be prepared. For more information on disaster preparedness and other related issues, please visit our website at www.72hours.org.

Ask Debi

Instilling Good Eating Habits in Pre-Schoolers

by Debi Gutierrez

Dear Debi: I struggle so much with my children trying to get them to eat right and make healthy decisions especially when I am not there to supervise. How can I get my children to enjoy healthier food while they are still young? -Hungry Mom

Dear Hungry Mom: Eating healthy can be difficult when dining out but remember that there are always better options for you to choose from for your children. There's nothing wrong with taking children to the local fast-food restaurant, as long as they order items that aren't so high in fat and sugar. Fast food chains are offering more healthy items on their menu and even starting to feature nutritional facts on the packaging. Remember, it's the little changes that make a big difference. Try suggesting new options for sides such as fruit or vegetables as opposed to those high in starch and fat.

I always advise parents to look at the sugar content in juices and soft drinks, which makes children very hyperactive. As much as we like to reward our children with sweets when they do well, there are other options that parents can use as incentives. The healthy alternatives to ice cream and cookies are low-fat frozen yogurt and granola bars. But instead of using food as a reward, I suggest letting them play an extra half hour to keep active.

The earlier you start introducing healthy foods, the easier it is for him/her to maintain good eating habits as they get older. Susan Singer of the Los Angeles Unified School District suggests incorporating healthy foods from a child's favorite story and introducing nutritious items by taking children grocery shopping or by having them help you cook.

Cooking meals at home may be time consuming, but there are many quick and healthy recipes to choose from. Not only do your children benefit nutritionally, but it also makes for a fun activity and can teach them about food measurement and preparation. Remember that children tend to follow their parent's lead so pay close attention to what you're eating just as much as you pay close attention to what they eat. Good Luck, Debi

Debi Gutierrez hosts A Place of Our Own on PBS.

Year of the Dog

Lunar New Year

From Page 1

Famous Dogs

Famous people born in the year of the Dog include President George Walker Bush, Sylvester Stallone, Shirley McLain, Dolly Parton, Judy Garland, Liza Minelli, David Bowie, Henry Cooper, Winston Churchill, Confucious, Judy Garland, Alexander Hamilton, Herbert Hoover, Madonna, Jennifer Lopez, Sophia Loren, Elvis Presley, Norman Schwarzkopf, Ava Gardner, Brigitte Bardot, Steven Spielberg, Elvis, Zsa Zsa Gabor and Cher.

Chinese New Year Traditions

The celebrations of Chinese New Year, also known as the Spring Festival, last 15 days and are some of the most festive of the year. Preparations usually begin about one month before the New Year. Homes are thoroughly cleaned to sweep away any traces of bad luck. Doors and window panes are given a new coat of red paint and hung with paper scrolls decorated with themes of happiness, wealth and longevity, a practice believed to keep away ghosts and evil spirits. Many traditional Chinese homes also have live blooming plants and flowers symbolizing rebirth and wealth such as blossoms, peony flowers and kumquat trees.

Because it is believed that one's behavior during the New Year's season sets the tone for the rest of the year, words that sound like unlucky or undesirable events, such as death or poverty, are not to be spoken. Arguments, scolding children, crying and breaking things are also taboo.

During this time, it is typical to wear something red, as this color is believed to ward off evil spirits. Black and white are avoided, as these colors are associated with mourning.

On New Year's Eve traditions are carefully observed. An elaborate dinner with large amounts of traditional food symbolizing abundance and wealth for the household is prepared. Each of the nine to 12 courses signifies a good wish such as happiness, good luck, or prosperity. Nian Gao, the New Year's cake and the 'prosperity tray,' an eight-sided tray filled with fruit, snacks, cookies and cakes, are also served to guests. Each item of the tray represents a type of good fortune: red dates and lotus seeds bring prosperity, melon seeds bring proliferation, and oranges and tangerines bring wealth and good fortune. After dinner, families stay up and visit together until midnight, when fireworks light up the sky and doors and windows are opened to allow the old year to go out. The custom of putting up red paper and lighting firecrackers began as a way to scare off Nian, a beast that preyed on people the night before the beginning of a new year. Nian destroyed the villages, injured the villagers and took away the livestock and grain stored for the winter. One year as the monster appeared, it was scared away by the color and crackling sounds made by bamboo used in the villagers' fires. From this time on, villagers burned bamboo sticks to keep the monster away during the New Year. Today, firecrackers have replaced the burning of bamboo sticks as a way to drive off 'evil energy' and attain peace and good fortune. New Year's day is spent visiting family, friends and neighbors. A custom called Hong Bao, or 'Red Packet,' takes place on this day. As a symbol of good luck married couples give children, unmarried adults, and the elderly money in red envelopes.

Lion Dance

Performances of the dragon and lion dances can also be seen in the streets. Chinese consider lions to be good omens able to repel demons and evil and bring good luck. The dances are accompanied by loud music played on drums, gongs, and cymbals. When the dancers stop in front of a residence or business, it is thought to bring good fortune to the occupants. In return, the residents usually present the dancers with money as a thank you and reward.

Lion Dancing is one of the oldest cultural arts of the Chinese people. It dates back to the Tang Dynasty, around 800A.D. The Emperor of the time had a dream in which his enemies were attacking him, but just as he was about to be overtaken, a mysterious creature saved him. When he woke, the Emperor tried to tell his counselors about this fabulous beast that had saved him, but no one could tell him what it was. Finally, one counselor said that it sounded like a creature that could be found in the West - a lion. Lions are not native to China, so none of the counselors had seen this beast with their own eyes. Thus, the Chinese lion was created by combining the features of the dragon and the phoenix. Because the lion had saved the Emperor, the lion was considered to be good luck, and so the lion dance evolved as a way to encourage good luck and ward off bad luck.

The Festival of Lanterns

The Festival of Lanterns, a celebration with singing, dancing, and lantern shows, marks the end of the New Year. Often used to adorn temples, gardens, house and boats, the decorative lanterns come in many shapes, sizes, and colors. Silk, paper and plastic lanterns often depict animals, flowers, historical figures and scenes from popular stories. These lanterns are used as signposts to guide guests and spirits of ancestors to the Lunar celebration and back again.

The special food for the Lantern Festival is Yuen Sin or Tong Yuen. These are round dumplings made with sticky rice flour. They can be filled and served as a sweet snack or made plain and cooked in a soup with vegetables, meat and dried shrimp. The round shape of the dumpling is a symbol of wholeness, completeness and unity.

The Chinese use the New Year as a time to express their appreciation for protection and good fortune during the year. It is also a time of reconciliation when debts are paid and old grudges are easily cast aside.

Although celebrations of the Chinese New Year vary, the underlying message is one of peace and happiness.

Free Events on Potrero Hill

American College of Traditional Chinese Medicine (ACTCM) will be hosting a free event for the public on Sunday, Feb. 5 from 12:30 p.m. to 5 p.m. The college will be offering a complimentary 15-minute auricular (ear) acupuncture treatments, 15-minute Tui Na massages, Tai Chi and Qi Gong workshops, and informational lectures.

A special performance by the Eastern Ways Martial Arts Lion Dance Team will kick off the event promptly at 12:30 p.m. in the college's parking lot at 555 De Haro St. (at 18th St.).

For more information on this event, or to RSVP by Feb. 1, 2006, please call (415) 282-7600 x45.

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Another Major Hit to the Wallet in 2006

Americans are headed into the New Year battling record heating costs, high gas prices and mounting receipts from the holidays. Now, to add to their woes, millions of credit card holders are finding significant increases to their minimum payments. For the next few months, their minimum payments could even double until their credit card balances are reduced.

MBNA, Citibank, Discover, Capital One and Bank of America have announced they are implementing January 2003 guidelines issued by the Federal Reserve, requiring the monthly increase. Credit card holders are now required to pay amounts that could easily equal 4 percent of their total balance each month, while 2 and 2.5 percent was standard until 2006. More banks are expected to follow suit.

Mike Sullivan, director of education for Take Charge America, a non-profit credit counseling company, says many card holders will take a financial hit in the short run, but it's more important to think of long term goals. "If you've only been paying the minimum balance on your credit card, it might be a struggle to come up with extra cash each month," he said. "Just keep in mind, you'll be making those payments for a drastically shorter time period, and potentially saving thousands of dollars in the long run."

Sullivan adds that the real impact of this change is the inclusion of the fees and some of the principal amount that must be paid. If a client is in some trouble, they may have late fees of $29 a month, with interest at 2.42 percent a month, plus the 1 percent of the principal. If that client has a $5,000 balance, the $29 late fee is equal to another 0.58 percent of their balance, thus getting the total up to 4 percent figure that's been kicked around in financial circles.

"In the past, the consumer may only have been required to pay the periodic interest, and possibly less in some cases," Sullivan said.

The credit card industry says average household consumer debt in the United States is about $9,000, excluding mortgages. Many of those Americans are living pay check to pay check and fear the added payment could be the final straw that pushes them into financial ruin. Sullivan has several suggestions to prevent that from happening:

*Make a budget and stick to it. A big shoe sale is not a reason to stray from the plan. Write the budget down and check it frequently.

*Visit a credit counselor. If you are positive you can't make your minimum monthly payments, creditors have special programs that may be able to reduce monthly payments. Furthermore, new laws require people filing for bankruptcy to meet with a credit counselor at least twice. Meeting with one now, could prevent the mess altogether.

*Move your payment due date to several days after you receive your paycheck. This ensures you will have the money to make the payment, as well as less time to spend your money on other items.

*Don't apply for more credit cards. If you are struggling to meet the monthly payments for the cards you have now, it's almost certain you won't be able to afford yet another monthly payment.

*Use your tax return to pay credit card debt. Don't wait to file your W2. The sooner you file it, the sooner you'll receive a refund. Paying off a large chunk of your balance will reduce the amount of your monthly payments.

*Use your savings to pay credit card debt. If you have $100 in a savings account at 3% interest, you will earn a little more than $3 in one year. If the savings is used to pay off $100 on an 18 percent card, you will save $18, six times the interest you would have earned in your account.

*Cut down on entertainment expenses. Wait for movies to come out on DVD, rather than shelling out $20 for two tickets, and despite what java junkies say, Starbucks is not a daily necessity. Think more along the lines of brown bagging and board games.

Book Review

Unique and Personal Side of Abraham Lincoln

As one of the most recognized presidents in American history, Abraham Lincoln is remembered fondly as the gaunt, stately man with a tidy beard and stovepipe hat. Many remember him simply as the man forever memorialized on our currency and in our nation's capital. Still others see him as the strong Civil War leader who led the Union troops to victory, or as the president publicly assassinated for his strong political views.

With over 60,000 books already in publication about this popular iconic figure, it could be argued that authors and historians are left with nothing new to say about Lincoln. But while so many accounts of his life and history exist, it's often difficult to get an accurate read on the former president. Who was Abraham Lincoln? What did his contemporaries think of him, and how did they feel about his untimely death? The answers to these questions and more are revealed for the first time in "Rare Personal Accounts of Abraham Lincoln" (Railsplitter Press, 2005), a new book that explores insights into Lincoln's life that could only be made by those who had a personal connection to this famous leader.

To gain a new understanding of the president that hadn't already been covered in the history books, author and Lincoln memorabilia collector John E. Boos traveled across the country in search of living Union Civil War veterans who had personal stories about Lincoln. From 1917 to 1940, Boos collected a large amount of stories and letters about the former president from those who had served as eyewitnesses to Lincoln's life. Many veterans were interviewed by Boos, but many non-veterans like Henry Rathbone and H. Clay Ford were also interviewed.

Boos' work went unpublished for decades, until Lincoln memorabilia collectors Gene and Bill Snack acquired the letters. What they discovered were rare documents, previously unavailable to historians, that revealed Lincoln's more intimate side. Accounts of the president came from spectators present during Lincoln's speeches, soldiers who met the leader while in battle and even high-ranking government officials close to the president. "The interview style used by Boos was simple: He merely asked, 'Did you know Lincoln?'" William Feeheley of Railsplitter Publishing explains. "Even though individuals were unaware of others that were interviewed, stories with similar conclusions began to unfold."

These stories express Lincoln's oratorical ability, his values, the quality of his character and his influence on the lives of others. Some stories also shed new light on the Lincoln assassination and other historical events. "The 'Rare Personal Accounts of Abraham Lincoln' actually adds to Lincoln literature," says John Reznikoff, the designated authenticator for American and Historical Autographs. "The book allows history to speak for itself."

Getting Men Past Fear of Fatherhood

John was miserable when he heard his wife was pregnant. He didn't want the child because he thought it would ruin his carefree life. He didn't have time for a child, he'd miss having fun with his friends, and he couldn't stand the idea of changing diapers. Money wasn't the problem. John thought his life would be somehow ruined by this unwelcome intrusion.

John felt this way because his dad treated him like that, and because all his friends (who didn't have kids themselves) had convinced him that once he had a kid, his life was basically over. He'd be sitting at home, with a crying kid, changing diapers all day.

Luckily, John's wife asked his good friend, Scott, to have a talk with him and show him the other side of fatherhood, the good, fun and amazing parts his friends would never (and could never) tell him. It worked wonders. It completely turned John around, and now he's the father of two boys, and is the most devoted, doting, and totally involved dad you'd ever want to meet.

Pleased at how well it worked, Scott Kelby, already a writer and author, decided to share the information he passed along to his friend in a little book called, The Book for Guys Who Don't Want Kids: How To Get Past The Fear Of Fatherhood. "I wrote this book because there are millions of guys like John who feel a child will ruin their life," Kelby says. "Often, an unexpected pregnancy causes men to leave their girlfriends, wives and even their fiancés."

In the book, Kelby turns fatherhood into a more agreeable prospect by focusing on what guys get from being fathers rather than what they think they'll give up. Kelby, an ordinary guy in a happy marriage, says he "absolutely didn't want to have kids." But when he had his own son, everything changed.

In order to help change some minds about fatherhood, Kelby shares both his personal experiences as a father, and those of his friend, John, who ended up being one of the most engaged dads you'd ever want to meet. Kelby walks potential fathers through the process of accepting and eventually welcoming the baby and uncovers the joys of being a dad.

Kelby wrote the book in a fun, lighthearted manner and intentionally made the book short, so it would be a quick read for guys who often don't have much time to read anything but the sports pages. It's a welcome introduction to the world of fatherhood.

Cell Phones and the Do Not Call Registry

The Federal Trade Commission recently reiterated that despite the claims made in e-mails circulating on the Internet, consumers should not be concerned that their cell phone numbers will be released to telemarketers in the near future, and that it is not necessary to register cell phone numbers on the National Do Not Call (DNC) Registry to be protected from most telemarketing calls to cell phones.

The truth about cell phones and the DNC Registry is:

*Contrary to the e-mail, cell phone numbers are not being released to telemarketers, and you will not soon be getting telemarketing calls on your cell phone.

*There is no deadline by which you must register your cell phone number on the Registry.

*Federal Communications Commission (FCC) regulations prohibit telemarketers from using automated dialers to call cell phone numbers. Automated dialers are standard in the industry, so most telemarketers are barred from calling consumers on their cell phones without their consent.

*The national associations representing telemarketers have stated that their clients do not intend to start calling consumers' cell phones.

*There is only one DNC Registry. There is no separate registry for cell phones.

*The DNC Registry accepts registrations from both cell phones and land lines. You must call from the phone number that you want to register. If you register online, you must respond to a confirmation e-mail.

*While the telecommunications industry has been discussing the possibility of creating a wireless 411 directory, according to the FCC, even if a wireless 411 directory is established, most telemarketing calls to cell phones would still be illegal, regardless of whether the number is listed on the federal government's National *Do Not Call Registry*.

Composting and Gardening Classes in January

Classes are held on Saturdays at the Garden for the Environment, 7th Avenue at Lawton Street. Call 731-5627 for a more informationg or to pre-register.

*Feb. 4: Urban Composting, 10 a.m. to 12 noon - Don't let your food scraps go to waste! The City found that nearly 40 percent of San Francisco's residential garbage is valuable organic material that can be composted into rich fertilizer for your soil. Learn what you can do to reduce waste, save money and help the environment. This class will cover the basics of both backyard and worm composting. Garden for the Environment, 7th Ave. at Lawton Street. Free!

*Feb. 11: Sustainable Weed Management, 10 a.m. to 1 p.m. - Got weeds? You don't have to let uninvited plants steal water and nutrients from your garden! Come to a Sustainable Weed Management workshop and learn to recognize, control and even make use of San Francisco's most famous weeds. Pre-registration required. This workshop is part of a Resource Efficient Landscaping Education Program. Free!

FREE CERAMICS CLASS

For everyone 18 and older at
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66 Raymond Avenue
Tuesdays from 9 a.m. to 4 p.m.

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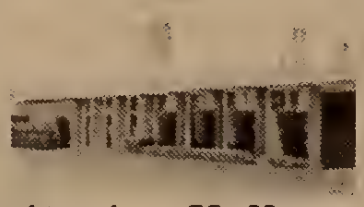
For more information, call the
VCC Senior Program: (415) 467-4499

Church of the Visitacion



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Watercooler Counsel

by Rich Proulx

Telework Woes

Q: An employee came to me with a request to work from home because of his disability. His reason is that he has a lot of doctors' appointments and his doctors live near his house. Do I have to let him work from home? We have a lot of informal conversations about projects throughout the day and I am concerned that communication will suffer if this employee is working at home. -Harried Henry, Santa Cruz, CA

A: I'm sure it comes as no surprise to you that employees with disabilities have a right to a reasonable accommodation. Before providing a reasonable accommodation there should be an interactive process. Open up a dialogue with your employee and explain your concerns and ideas. Ideally, you'll find a solution that works best for both of you. The bottom line is a reasonable accommodation is not necessarily the accommodation that the employee prefers. In this situation, there may be other reasonable accommodations besides telecommuting that would allow your employee to attend his doctors' appointments. For example, a reasonable accommodation might be to provide leave to allow the employee to go to his doctors' appointments.

Q: Am I required to pay an employee benefits or salary while she is on pregnancy leave? I think this employee is going to stay home and not return to work. Do I have to hold their job open for her and if so, for how long? -Checking in Chico

A: There is no requirement for an employer to provide paid pregnancy leave to an employee. However, you need to treat the pregnancy disability like other disabilities. If you generally provide paid leave to employees who are on disability leaves, then you need to provide this for your employee on Pregnancy Disability Leave (PDL). In either case, an employee does have the right to use any paid leave that they have accrued such as sick time or vacation time.

Under California law, an employee can take up to four months (88 days for full-time employees) for actual disability caused by pregnancy, childbirth or related medical conditions including prenatal care, severe morning sickness and doctor ordered bed rest. The PDL applies to all California employers, regardless of size. The California Family Rights Act (CMRA) also provides leave for employees. Generally, this applies to employers with 50 or more employees and employees who worked an average of about 25 hours per week per week for a year. These employees may take up to 12 weeks of leave per year for a birth, placement of a child due to adoption or foster care, or to care for a dependent child. As with PDL, the employer is not required to provide paid leave, however employees can chose, or employer require, that the employees use the paid leave that they have already accrued. During this time, the employer must provide health insurance under the same conditions as they did prior to the leave. Under CFRA, an employee who has taken up to 4 months of PDL is entitled to an additional leave of up to 12 weeks that can be taken for the birth of the employee's child and for bonding. Thus, the total combined leave an employee disabled by pregnancy may take under California law is 7 months.

Both PDL and CMRA guarantee your employee the right to reinstatement to the same position she held before her leave began. If that position no longer exists, the employer must reinstate the employee to a comparable position upon her return from leave.

Rich and his team of government experts carefully scavenge for answers to your questions every two weeks. According to the Bureau of Labor Statistics, at last count 20.7 million workers did some work at home as part of their regular job. Send your questions to richard.proulx@eeoc.gov, whose day job is Enforcement Supervisor for the Equal Employment Opportunity Commission (www.eeoc.gov). Identifying information in the questions may be fictional.

Antiques & Collectibles

Pocket Watch Inventor

by Anita Gold

Q. I have always been fascinated by an old pocket watch that was given to me by my grandfather. I was wondering who invented the pocket watch? -Charles McDougal Austin, TX

A. The pocket watch was invented by Peter Henlein in Nuremberg, Germany in the year 1504. The case and movement are the two main parts to a watch. A watch is defined as a small portable clock. The first wrist watch was made in 1850. Before the 1920s it was fashionable to keep a watch in one's pocket or purse. Another interesting fact is that early watches had only an hour hand. A marvelous book that I would recommend on old watches is called "100 years of Vintage Watches, 2nd edition" by Dean Judy. It is a soft cover book with 256 pages and 1,000 color photos. The book features wristwatches and pocket watches from 1870 to 1970, the most popular period for watch collectors. The listings have detailed information and accurate pricing information to help readers identify and value their watch collections. Many famous Swiss and American watch makers are covered. To order this amazing book call Krause Publications at 1-800-258-0929 toll free and reference item number VWAT2. The price is $24.99. You will love it.

Q. I used to love playing with marbles for hours at a time when I was a kid. I saved some of these old marbles and would like to know more about them. What can you tell me? -Sherman Winters, Los Angeles, CA

A. Marbles have been around for thousands of years. Marbles games are very popular in many countries around the world. These small hard balls are made from many materials such as wood, glass, stone or clay but glass remains the most popular. A large variety of patterns and colors are used within the glass. A wonderful book on antique marbles is called "Collecting Antique Marbles Identification and Price Guide, 4th edition" by Paul Baumann. This soft cover book has 208 pages with over 1200 color photos. Providing collecting tips and advice the book has a history of marble types and manufacturers. It also has important information on spotting fakes and reproductions. This is a great book for any marble collector. To order call Krause Publications at 1-800-258-0929 toll free and reference item number CAM4. The price is $24.99. I would not be losing my marbles when I say that this book will invoke childhood memories and that of a simpler time.

Cooking Corner

Pot Roast with Marsala (Agglasso di Marsala)

Italian chef cookbook author and television host Nick Stellino offers this recipe:

(Serves 4-6) 3-1/2 pounds boneless beef pot roast, tied; 4 teaspoons salt; 1 teaspoon pepper; 3 tablespoons all-purpose flour; 3 tablespoons Pompeian Extra Light Tasting Olive Oil; 7 tablespoons Pompeian Extra Virgin Olive Oil; 3 pounds yellow onions, peeled and sliced; 2 bay leaves; 3/4 teaspoon red pepper flakes; 3/4 teaspoon dried thyme; 2 tablespoons chopped fresh parsley; 2 tablespoons chopped fresh basil; 1 tablespoon chopped fresh rosemary; 4 cups dry Marsala wine; 6 cups beef broth; 1/2 pound Gorgonzola or blue cheese, cut in pieces (optional).

Wipe roast dry with a paper towel and sprinkle with 2 teaspoons of the salt, pepper and flour, shaking off excess flour.

In a large nonstick pan, heat the Pompeian Extra Light Tasting Olive Oil over high heat for 2 to 3 minutes, until very hot.

Add beef roast and brown well on all sides.

Transfer meat to a baking dish and set aside.

In a large stockpot, heat the Pompeian Extra Virgin Olive Oil over medium heat, for about 2 minutes.

Add onions, bay leaves, red pepper flakes, dried thyme, chopped parsley, chop-ped basil, chopped rosemary and remaining salt.

Cook, stirring well, for about 8 to 10 minutes until the onions are soft.

Increase heat to high, add the Marsala wine and bring to a boil, stirring well, and cook for 5-8 minutes until liquid has reduced by half.

Add browned roast, the accumulated juices and beef broth. Bring to a boil.

Then simmer for 1 hour and 35 minutes, turning the meat every 15 minutes and stirring the contents to prevent sticking.

Remove meat and cover with foil. Remove bay leaves from sauce.

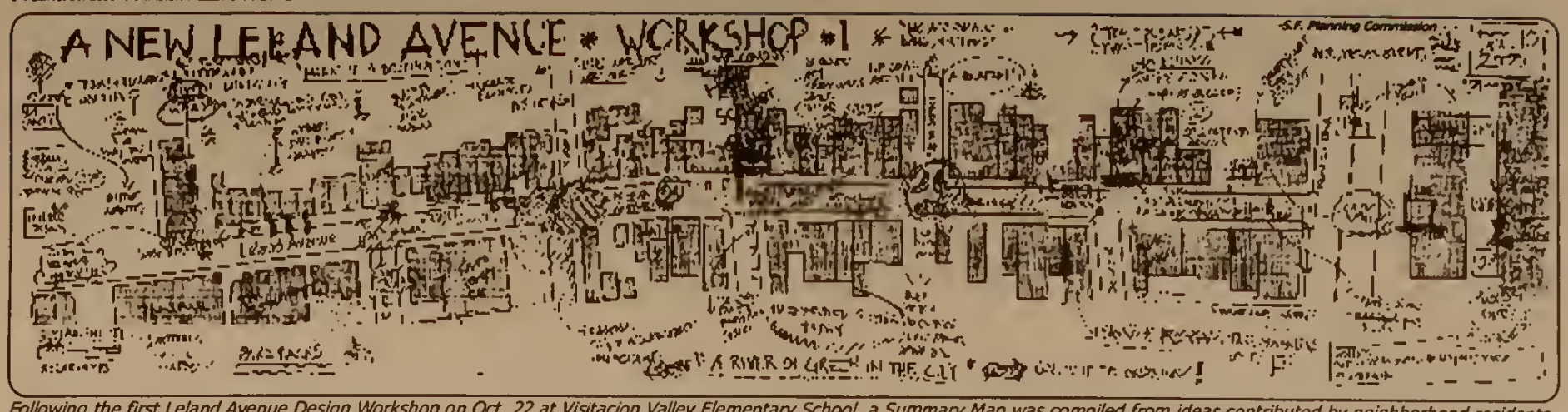
Bring sauce to a boil, and then lower heat to medium-high and cook, stirring well, for 30 minutes, or longer if you prefer a thicker sauce.

Slice the roast and gently reheat slices in sauce over medium-low heat.

Serve, topped with some of the sauce, on a large platter. Serve the extra sauce on the side.

Optional: To complete the sauce, add the cheese, stirring well until it has completely melted into the sauce.

Visit www.pompeian.com for Pompeian's *The Healthy Table* recipe booklet offer, including three recipes from Nick Stellino. NAPS



Following the first Leland Avenue Design Workshop on Oct. 22 at Visitacion Valley Elementary School, a Summary Map was compiled from ideas contributed by neighborhood residents.

Joe Leland around the neighborhood

***New Paint:** Thanks to the new owners of the BayWash, located at 44 Leland Ave., for a freshly painted festive storefront. New paint always helps Leland Avenue look better. Check it out the next time you need to do laundry.

***More New Paint:** Leland Aveune Dry Cleaners at 151 Leland Ave. just completed a significant façade improvement including new stucco and new paint. The building looks great! Drop by, say hi to the merchants, and get your clothes cleaned!

***Mural Inside Casa Lopez:** Speaking of new paint, Casa Lopez at 58 Leland Ave. has a new mural above their meat department. Check it out and buy some meat!

***Special Needs Apartments For Rent:** The new building at the intersection of Leland Avenue and Rutland Street is currently taking applications to rent out its one or two-bedroom apartments. Prospective tenants must be qualified seniors or the physically disabled. For more info, call Pete Davis Realty (415) 876-1200. The owners are also actively looking for a potential commercial tenant for the ground floor retail space. What would you like to see there?? Call Crezia Tano at (415) 587-7896 x104. She's keeping a list of neighborhood needs.

***Final Streetscape Meeting:** The last Leland Avenue streetscape meeting will be held February 11th from 10 a.m. – 12 noon at 55 Schwerin St. (Vis Valley Elementary School). It won't be the same without YOU!

***Palm Trees on the Move:** The old Travelodge motel atop Bayshore Boulevard is just about gone, making way for new townhouses in the near future. What will happen to the palms trees on site? Some may remain but at least two have found a new home in the show place yard of A. Silvestri Co. at 2630 Bayshore Blvd. Thanks to the developer and the good people at A. Silvestri Co. for keeping the trees in the Valley!

***Got email?** Want to stay current on Valley meetings and events? Send an email to the Bob "Keeper of the List" Lehman requesting regular email updates: rlpb@sbcglobal.net

Mayor Announces Community Disaster Planning Pilot Program

Mayor Gavin Newsom on Jan. 17 announced the creation of a pilot program that will help San Francisco communities develop their own disaster plans.

The program, beginning in Supervisorial District 5, is designed to empower communities to work with city agencies to develop emergency response plans that are tailored to their unique needs.

"After a major disaster, we want the city's neighborhoods to know what to do," said Mayor Newsom. "This program will help communities help themselves."

The development of the District 5 Community Disaster Plan is being led by the city's Office of Emergency Services and Homeland Security, in conjunction with the Office of Supervisor Ross Mirkarimi, the Mayor's Office of Neighborhood Services and SF 5 Together.

"District 5 is home to a diverse group of active community organizations," said Supervisor Mirkarimi, "And we look forward to working with them to set the benchmark in creating a truly community-based emergency response plan."

The Community Disaster Plan suggests forming an Emergency Preparedness Committee to coordinate neighborhood disaster preparedness efforts. Other key elements include identifying resources such as recreation centers, congregations, and neighborhood associations that can help support implementation of the plan, and outlining how residents can work together to improve their capacity to shelter safely in place for at least 72-hours post disaster.

The Plan will strongly encourage residents to get involved in the San Francisco Fire Department's NERT Program (Neighborhood Emergency Response Team), which can serve as a cornerstone of becoming a prepared neighborhood.

This Plan, however, extends beyond the NERT program and outlines strategies for devising a local response to disaster that complements the City and County of San Francisco's larger Emergency Operations Plan.

This project will be applicable to entire districts, neighborhoods, or residential communities such as condominium and apartment complexes. The District 5 Plan will serve as a template to help other areas prepare for a major disaster.

"A prepared community can be better equipped to stabilize and recover during those first critical hours following a disaster. It can also allow emergency responders to focus on the most devastated areas," said Newsom.

The pilot program builds on the success of the city's other emergency preparedness efforts, including the www.72hours.org website.

Volunteers Needed By Homeless Connect

San Francisco is currently engaged in an unprecedented drive to end chronic homelessness with a bi-monthly program called Project Homeless Connect.

Scores of citizen volunteers are making a difference by helping link clients to vitslmedical, legal and social services. To date, more than 8200 people have been helped toward the path of permanent housing and self-sufficiency.

Project Homeless Connect is looking for volunteers to continue this community outreach to the homeless on Thursday, Feb. 18 between 10 a.m. and 3 p.m. at the Bill Graham Civic Auditorium.

To learn more, go to: www.projecthomelessconnect.com

A Long Road of Uncertainty for Proposed Valley Branch Library

From Page 1

The decision to forward a design that was beyond the limitations of the secured funds was made on the assumption that State Prop 14 funds would "supplement the budget for this new branch."

Both the community and the BLIP understood that if the design presented to the community was not awarded a share of the highly competitive State funds, as stated in the BLIP own literature, "the new branch will need to be redesigned."

In November of 2004 the State awarded two SFPL branches approximately $9,700,000 however the Visitacion Valley proposal was not one of the successful proposals. .

During mid-2005, the BLIP and the new City Librarian Luis Herrera met with the Visitacion Valley community to discuss the future plans for the new Visitacion Valley branch. No definitive decision was made although several scenarios were presented.

In December 2005, the San Francisco Examiner reported:: "The same rapidly rising costs for construction that have plagued everything from residential development to the Bay Bridge retrofit are hitting San Francisco's libraries as well. .., and library officials decided to accelerate their construction schedule to ensure that they would be able to finish all the projects they had planned. All work on the branch library improvements is scheduled to be finished by the end of 2009."

The problem now facing the residents of Visitacion Valley is the lack of funds to build the 8,700 square foot library as designed and no clear indication from the BLIP as to which of the scenarios presented at the August 2005 meeting should or could be pursued.

An ideal solution to this problem must be timely, cost effective, have a high degree of certainty, and will meet the current and future needs of the Visitacion Valley community. The size of the interior space should be the highest priority even if this means that exterior design has to be reconsidered. Libraries don't have to be magnificent buildings from the outside, but they must be magnificent buildings from the inside. Form must follow function.

Visitacion Valley will get its new library. The BLIP and the Chief Librarian are committed to our community. But when? The longer we wait, the more it will cost in real dollars. But the most important cost to our community, something that we can't put a price tag on, is the loss of generation of youth that we grow up in the neighborhood thinking that libraries are small, crowed places. Places that at first glance aren't important. That's not a legacy anyone wants to be responsible for.

What are your thoughts on this issue? Send a letter to the editor at visvalley@earthlink.net

February Events at Valley Branch Library

Following are events in February at the Visitacion Valley Branch Library, 45 Leland Ave. (at Desmond Street):

*Feb.. 7, 14 and 28, Tuesday: Preschool Storytime for ages 3-5 at 10:30 a.m.

*Feb. 8, Wednesday: Preschool Video at 10:30 a.m.

*Feb. 21: Tuesday: Storyteller Marijo celebrates African American history with storytelling, music and poetry for children of all ages at 10:30 a.m. in celebration of Black History Month.

News from the El Dorado After School Program

A Golden Winter and New Year at El Dorado

Our local El Dorado After School Program is teaching kids some exciting things this winter. Photography, scrapbooking, fine arts, indoor gardening, animals, hip hop, and more!

Creative, hands-on, interactive, take-home projects seem to be what the kids really like. Coupled with our three core approaches – health, literacy, and youth development – we are growing healthy kids in body, mind, and spirit.

The latest scoop about the After School Garden Program: because one volunteer person can't create a school-wide garden, one of our After School teachers is teaching indoor gardening on legumes, specifically raw peanuts! Month-old sprouts are needing soil soon. If you would like to donate soil or volunteer for our school garden, please contact our After School Garden Program Coordinator: Ms. Gloria at 415.309.2902.

We are creating a performance or evening program for Asian American Awareness Month this January. Lunar New Year, which is celebrated by many Asian and Asian American people around the world (including Chinese, Korean, Vietnamese, and more), falls on January 29th this year. Art work, song, dance, and other activities are featured in our program. Stay tuned!

Holistic Finance Skills

The average San Franciscan minimum-wage earner ($8.50/hour for 40 hours = $340/week) has an annual income of $340 x 52 weeks = $17,680. One million dollars divided by $17,680/year = 56.56 years of work. In San Francisco, first-year teachers, a job that kids are exposed to at an early age, earn $40,000/year. $1,000,000 divided by $40,000 = 25 years.

A typical college student graduates at age 21. Add 25 to 21 and we get 46. High school students who choose to attend and complete college tend to earn more money than their fellow classmates who choose not to go to college at all.

Encouraging kids to go to college is not the only way to ensure living as a millionaire before they are 65. Managing money so that what they spend does not exceed what they earn is one way to ensure they can save up for retirement.

Another way is to learn how to invest the saved money so that the money creates more money. Yet another aspect of money management is learning to see that money is just energy.

Money can only do what a person wants his or her money to do. Looking at how we see money and how we do or do not deserve money and other money messages can help us really choose where we want to be in regards to our relationship with money.

Our inner relationship with money manifests in our environment. Holistic finance means taking in regard more than the mental-logical-mathematical way of thinking and dealing with money. Holistic finance is about looking at our inner thoughts and feelings, our emotional relationship with money, too.

Imagine being taught as a youngster how to save money, balance a budget, and invest in one's own future.... Imagine being taught how to be with money, how to use it wisely, how to build a holistically healthy relationship with money... instead of living paycheck to paycheck. Call this Millionaire Math, which is being explored in the Third Grade After School Program classroom at El Dorado Elementary. For more information, contact Ms. Gloria at 415.309.2902.

Holistic Health for Kids

January 3rd marked the kick-off of the Holistic Health for Kids curriculum for the third grade class at the El Dorado After School Program. Since winter vacation was quite rainy, third grade teacher Ms. Gloria started off with Dr. Masaru Emoto's research on water's responses to words, music, and prayer.

Students explored the scientific method, science terms, and implications of scientific results. They also had time to ponder the power of words on water and how the water crystallized in response to words. Because human bodies are composed of a lot of water, what we think and say and do can influence how our bodies respond to us. Students then created affirmations for their snowflakes.

Holistic health specialist, educator, and consultant Gloria Ng has been and is continuing to make her 2000-hour-plus training available and accessible to underserved communities. Her training includes self-acupressure for emotional balancing and anxiety reduction (helps with test-taking!); tai chi and applied kinesiology (improves concentration); holistic fitness and nutrition (for healthy bodies and healthy life habits); peace education (for inner and outer peace); and gardening (improves personal health through connecting with nature and the environment). She is exploring how to teach in a multicultural, multi-disciplinary, multiple-intelligence way to encourage wholeness and overall well-being in kids.

If you have an interest or any ideas/experiences to contribute in making education more holistic for our next generation of kids, please contact her at 415.309.2902.

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Action means more than words. See you at our monthly community meeting on the Second Saturday of each month at 66 Raymond Avenue.

Mention this ad and with a completed transaction, I will make a donation to Visitacion Valley Community Center or any charitable organization of your choice.

Grapevine Puzzler — Still Stuck on '50s TV

B	N	P	R	A	E	T	T	A	Y	W	F	T	D	S	S	F	D	S	T
D	S	F	F	G	F	H	D	G	D	S	A	H	A	O	Z	C	V	H	S
F	S	A	S	D	B	E	C	A	N	E	M	E	H	T	V	B	E	O	V
F	S	7	B	D	S	L	S	F	H	J	K	L	7	H	W	F	H	W	C
A	A	F	A	N	V	A	L	F	J	R	R	I	E	E	O	J	J	G	S
X	Y	D	D	N	D	W	S	E	S	F	S	F	7	R	H	G	G	D	X
C	K	7	S	U	F	M	R	E	G	Y	F	E	D	N	S	F	H	T	C
X	C	F	D	G	Y	A	E	R	O	E	T	A	R	E	Y	S	J	E	X
V	U	G	F	R	B	N	G	C	F	F	N	N	T	N	N	C	G	S	N
N	L	H	G	E	S	S	C	E	G	F	A	D	Y	M	T	N	H	N	M
V	R	L	D	T	O	M	H	D	N	F	M	F	O	H	Y	F	I	U	H
C	M	A	V	E	R	I	C	K	G	U	E	C	H	F	Y	H	H	S	G
E	D	E	S	P	C	S	D	F	G	H	T	V	H	G	T	J	G	7	F
C	F	R	7	D	G	R	D	F	S	D	H	D	H	W	H	Y	H	7	H
I	G	E	D	F	N	I	E	V	I	L	A	R	O	D	A	E	D	D	G
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P	W	T	A	D	B	H	D	7	G	H	J	K	K	G	S	S	T	G	G
E	O	E	F	H	G	T	A	S	F	E	D	I	H	W	A	R	K	E	F
H	H	D	F	G	H	J	J	G	D	D	D	C	B	B	I	N	M	H	D
T	S	C	V	B	N	O	S	A	M	Y	R	R	E	P	Z	C	V	B	N

The Ann Sothern Show	The Ford Show	Mr. Lucky	Rawhide
Bing Crosby Show	The Lawman	Name That Tune	The Real McCoys
Dennis The Menace	The Life and Legend of Wyatt Earp	Perry Mason	77 Sunset Strip
	Maverick	Peter Gunn	Wanted Dead or Alive
		The Price Is Right	

Historic Proportions

1897

Match clues to answers.

1. Merged with New York City on Jan. 1.
2. First underground metro in North America opened here on Sept. 1.
3. Inauguration of new U.S. president on Mar. 4.
4. Pennsylvania state capitol destroyed by fire onFeb. 2.
5. Famous gold rush began on July 17.
6. Dedication of final resting place on Apr. 27.
7. Annexed by Natal on Dec. 30.
8. Second highest mountain in U.S. climbed on July 31.
9. Last king of Kaffa captured on Sept. 11.
10. Slaughter of 19 immigrant miners bysheriff's posse in Pennsylvania on Sept. 10.
11. He became U.S. vice-president on Mar. 4.
12. Famous writer responds to rumors of death in June 2 newspaper interview.

A. Harrisburg
B. Zululand
C. Lattimer Massacre
D. Brooklyn
E. Mark Twain
F. Gaki Sherocho
G. Klondike
H. Boston
I. Garret A. Hobart
J. Mount Saint Elias
K. William McKinley
L. Grant's Tomb

Answers: 1-D, 2-H, 3-K, 4-A, 5-C, 6-L, 7-B, 8-J, 9-E, 10-C, 11-I, 12-E.

As a Matter of Fact

*The largest crabs in the world, which stand three feet high and often weigh as much as 30 pounds, live off the coast of Japan.

*Young eagles don't have feathers that match their parents' until they are about four years old.

*When grackles fly, they fold their tail feathers upward and use the tail to steer.

*The United States produces more energy from various sources than does any other country.

*A young salmon may be called a parr, a smolt or a grilse.

*The jackrabbit may be named for the jackass, because the ears resemble that of a donkey.

*When the lapwing's nest is threatened, it limps and pretends to be hurt, and lures its enemies away.

*Titan, Saturn's largest moon, is the only moon in the solar system known to have an atmosphere of any substance.

*St. John's, the capital of Newfoundland, is the point in North America closest to Europe.

*At 870 degrees Fahrenheit, Venus has the hotest average surface temperature of anyplanet in the solar system.

*The jaguarsymbolizedstrength and courage to the ancient Maya Indians, who considered the animal a god.

*The right brothers built the first U.S. Army plane in 1909. It flew 42.5 miles per hour.

*The Earth's atmosphere is only about 21 percent oxygen but 77 percent nitrogen.

*The ragged fins of the frog fish make it appear to be floating seaweed.

Sez Who?

Match quotes to speakers.

1. "Anger dwells only in the bosom of fools."
2. "The best thing about teamworkis that you always have others on your side."
3. "You've achieved sucess in your field when you don't know whether what you're doing is work or play."
4. "Never worry about numbers. Help one person at a time and always start with the person nearest you."
5. "Speak when you are angry and you will make the best speech you will ever regret."
6. "Stop worrying about the potholes in the road and enjoy the journey."
7. "We make a living by what we get, we make a life by what we give."
8. "Attempt the impossible in order to improve your work."
9. "One must be poor to know the luxury of giving."

A. Warren Beatty
B. Margaret Carty
C. Ambrose Bierce
D. Albert Einstein
E. Babs Hoffman
F. George Eliot
G. Mother Teresa
H. Winston Churchill
I. Bette Davis

Answers: 1-D, 2-B, 3-A, 4-C, 5-C, 6-E, 7-H, 8-I, 9-F.

Sump, the Grump

Poor Rix's Almanac

by Rix Quinn

Dear Poor Rix: Who invented fire? – Student

Fire's not a new creation. It's been around three gazillion years, long before Poor Rix grew into the primordial slimeball he is today.

Prehistoric people didn't know what to do with flames because nobody had invented cookbooks.

Early humans captured fire by taking burning wood from place to place. That's a tough assignment, especially in hot weather with the wind in your face.

This explains why many Neanderthal husbands – just home from a long day of flame carrying – were greeted with the words "Have you been smoking?"

When one log was nearly consumed, carriers used it to ignite another. That's where we get the phrase, "Hey, buddy…got a light?"

Generous prehistoric folks shared their fire with those nearby. But a few squabbling lamebrains took the gesture too far, and lit neighboring huts. That's where we get the term "housewarming."

During medieval times, fire became a powerful weapon. Warriors asked a volunteer to hold a blazing torch in each hand, then sent him running toward the enemy. This brave soldier was called a "knight light."

Fire is a great gift, because it led to campfires, which led to community gatherings, which led to plays and dramatic events, and eventually to "sweeps week" on television.

Poor Rix offers bad answers to good questions. E-mail him at rixquinn@charter.net.

Dear Poor Rix: I hear there's some research that claims people today have shorter attention spans. Could this be true? — Concerned

Well, it appears that because multiple messages bombard us daily, we mentally "delete" those we don't currently need. (This explains why we forget what we had for breakfast, or why Poor Rix simply calls his friends "Pal.")

Latest reports – compiled by scientists who pay attention – set the average adult attention span at only eight minutes. It's reportedly even shorter if you're a dog, and shorter still if you're a roaming animal, like a wild bachelor.

The key to getting attention, research says, is to appeal to as many senses as possible. If we can see something, hear it, and have a chance to "talk back" to it (such as responding to a message by typing a response), we're more likely to retain it.

Following this logic, the best way to make a person remember you is to meet her, ask questions, listen to her answers, shake her hand, then buy her dinner.

A few years ago, we called this a "date." Today, however, we applaud this as a great scientific discovery.

So what have we learned? (1) To get somebody's attention, ask him or her out for dinner. (2) To keep that person's attention, limit the date to eight minutes.

Dear Poor Rix: It's really cold in my town. What can I do for fun this time of year? – Don

Don, it's cold because it is winter. If it were hot, we would worry that there's a hole in the ozone layer. But the ozone layer is invisible, so it would be really hard to find the hole.

For winter amusement, many people ski. That's fun if you like to go downhill really fast. Poor Rix does not ski, because he is going downhill fast enough already.

In icy weather, it's unwise to water ski. Not only is it hard to stay up, but falling on a frozen lake is quite painful.

If you hate cold weather sports, you might go to an indoor boxing match or basketball game. (Sometimes you can see both events at once.)

Yes, cold weather can be brutal, but just think how tough our ancestors had it B.C. (before central heating). Houses got so cold at night, folks invented windows just so they could close them.

And think about long winter travel before cars. What if your wagon wheel fell off? What if your horse ran away? Or what if you got stuck outside in the snow, and your CD player broke?

Don, Poor Rix is convinced winter is like a bad date. It's cold, it's unpleasant, and it seems like it lasts forever.

Dear Poor Rix: Some people eat lots of meat. Others eat vegetables only. Which is right? – Hungry Harold

It's alarming to read about the feud between meat-eaters and vegetarians. Why can't we all just be hungry friends?

For the record, Poor Rix became a vegetarian 25 years ago as the result of a bizarre rare steak incident. I still dine with meat-loving buddies, but never eat off their plates.

In response to frequent questions about vegetarians:

1. Some of us believe this diet will help us survive longer. Poor Rix will let you know in about 80 years
2. Poor Rix does not know if vegetables possess brains. But I do know that cauliflower and lettuce have heads.
3. A vegetarian who eats dairy products is called a lacto vegetarian. One who eats eggs is an ovo vegetarian. A vegetarian who eats meat might provoke a rhubarb.
4. Many vegetarians love eggplant. We also know that if you plant an egg, you will not grow a chicken tree.
5. It's speculated that the world's earliest vegetarians were actually meat-eaters who were too slow to catch animals. Poor Rix doubts this, because cows are not world-class sprinters.
6. Do vegetarians have a secret greeting? Some say, "Hi, herb. How ya bean?"
7. Can meatless meals lead to memory loss and apathy? Poor Rix can't recall, and doesn't really care.

Poor Rix offers bad answers to good questions. E-mail him at rixquinn@charter.net.

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are $3 per child; $5 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

* Feb. 4: Snake Sculptures - Learn some amazing snake facts, then sulpt and mosaic a scaled snake to take home.

*Feb. 11: Sculptured Valentine Plaques - Use a clay and plastercasting process to sculpt a unique valentine.

*Feb. 18: Clay Sculptures - Assemble clay sculptures from coil and slab pieces. Finished work can be painted with bright underglaze colors.

*Feb. 25: Playdough Magic - make animals, castles, boats or whatever your imagination dreams up! Visitors will take away a ball of playdough and a recipe for playdough that can be made at home.

Other regular Saturday activities include:

*Morning Family Ceramics from 10 to 11:30 a.m. ($5 per person workshop fee)

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

Middle School Science Fair

More than 200 science projects will be on display during the 24th annual San Francisco Middle School Science Fair at the Randall Museum on Feb. 25 and Mar. 1 to 3 from 10 a.m. to 5 p.m.

Five Years Ago In the Grapevine

FEBRUARY 2001

*About 180 Visitacion Valley youngsters got the opportunity to visit a winter wonderland on Dec. 20 when the Bear Care-A-Van from Mervyn's arrived at The Village on Schwerin Street.

*North East Medical Services (NEMS) opened its new clinic to the Visitacion Valley community at 82 Leland Ave.

Grapevine Want Ads

IT'S NOT SMART to do nothing when you have something negative in your life. The issue somehow affects and becomes everybody's problem.

*Getting nervous and upset.
*Feeling sick o a regular basis
*Feeling like punching out something or someone.
*Feeling like screaming.
*Can't sleep.
*Watching television all night.
*Simply not in a happy frame of mind
*Problem making the right choices.

If you are experiencing any of these symptoms, we need to talk with you. Visitacion Valley Jobs, Educaiton and Training center offers advocacy and mediation services relating to all types of quality-of-life issues. Court-mandated programs available. Service and trust is our commitment to the community. Contact Marjorie Ann Williams, Counselor at (415) 239-2877.

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059.

GRAPEVINE DISPLAY ADVERTISING: new limited-time rates: Full Page: $60; 1/2 Page $33.75; 1/4 Page $18.75; 1/8 Page $10; 1/12 Page $8; 1/16 Page $6. Generous discount for three or more insertions. Call (415) 467-9300 for more details. ***Want Ads:*** 20 words for $1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Crossword Puzzle

Solution on Page 11

ACROSS
1 Compass direction
4 Love (Lat.)
7 Amer. Bar Assn. (abbr.)
10 Choler
11 Eth. title
12 Row
14 Cruising
15 Orris (2 words)
17 Bronze Roman money
18 Musical direction
19 Field
20 S. Afr. town
22 Rapid eye movement (abbr.)
24 Mating
27 Hag
31 Caen's river
32 Sup
34 Irish nobleman
35 Fr. artist
37 Naut. instrument
39 S. Afr. hyrax
41 N.Z. island
42 Turk. title
45 Brain tissue
47 For your information (abbr.)
50 Tea box
52 S. Afr. Boer assembly
53 Offspring
54 Fr. pronoun
55 Ironwood
56 Ancient (abbr.)
57 Dance step
58 Price

DOWN
1 Smear
2 Benediction
3 National Endowment for the Arts (abbr.)
4 Daughter of Minos
5 Grape refuse
6 Withe
7 Africa (abbr.)
8 Biological (abbr.)
9 Agave
10 Sheep's cry
13 Greek letter
16 Meat dish
18 Indo-Chin. people
21 Step part
23 Cat's cry
24 Group of whales
25 One hundred square meters
26 Opening
28 Tread (2 words)
29 Raw (Fr.)
30 Pronoun contraction
33 Decare (2 words)
36 College entrance exams
38 Taradiddle
40 Organization
42 Atl. Coast Conference (abbr.)
43 Earth personified
44 Anonymous (abbr.)
46 Conrad's "Victory" heroine
48 U.S. mountain
49 Cyprinoid fish
51 Incorporated (abbr.)
52 Royal Air Force (abbr.)

Visitacion Valley Police Report

by Ingleside Captain Paul Chignell

Protect Life and Property

The highest priority of the officers of the Ingleside Police Station is to protect life and property for the residents, merchants and visitors to the Ingleside District. We serve 120,000 people encompassing a score of distinct San Francisco neighborhoods.

The next highest priority is pedestrian and vehicular safety. To that end, the management and supervisory personnel at Ingleside Station have encouraged all officers to issue more moving traffic violations of late.

Our results for December are in. In December 2004 we wrote 483 moving violations and in December 2005, 960. That is a 99 percent increase, the highest of any of the district stations, by far. We are very proud of our officers.

This is the largest police district of the ten in San Francisco. Over the past year, the Captain, the four lieutenants, the seventeen sergeants and the patrol officers have worked together, with city agencies and community based organizations to find strategies to accomplish our most important task, prevent violent crime and arrest violent offenders.

We believe that we have been successful in making this district safer the past year as the homicide rate has dropped by over 50 percent and in targeted areas we have made an impact on street robberies. We recognize that there are many variables that affect the homicide rate and other violent acts.

But we believe that our strategies have been one component in making a difference. The following are some of the general principles that we have employed over the past year:

*Establishment of on site community police officers at the Sunnydale Public Housing to work with the tenants, housing management and other agencies to stem gang violence. All indices reflect marked improvement.

*Cooperatively received resources from the San Francisco Housing Authority to provide a higher level of police officers in the Alemany Public Housing. The past four months of zero tolerance has shown a dramatic drop in street robberies in adjoining neighborhoods. Many felony arrests, recovered firearms, removal of stolen and abandoned vehicles have been the focus of this effort.

*The supervisors of the station consistently urge cooperation and collaboration between the rank & file officer and community members. This is manifested by attendance at hundreds of meetings and working in non-traditional cooperation with the community.

*We have redeployed our line officers based upon the calls for service and crime trends and adjust that each six months when officers sign up for shifts. In short, we deploy officers where the action is.

*We work cooperatively with San Francisco Safe to facilitate Neighborhood Watch and work with Safe to provide crime prevention education. We endeavor to have neighborhood officers at the Safe meetings when Safe's experts give presentations.

*We have recently initiated robbery "decoy" programs where officers pose as victims and arrest predatory street robbers. We will start another program in mid January targeting areas where the street robberies occur.

*Using bilingual officers, we have a major outreach to underrepresented communities by going to ethnic news outlets, attending crime prevention meetings and working hard to build trust between the community and the police.

*Traffic Enforcement on an aggressive basis is paying off in terms of additional felony arrests, towing unregistered cars and removing from the streets persons who have suspended driver licenses. January showed a marked increase in moving violations from the month of December with emphasis on pedestrian safety.

*We believe in traditional saturation of "hot spots" in the district. My superiors have redirected Tactical, Gang Task Force and other units to the Ingleside on a sporadic basis to supplement our efforts. We have effectively used recruits in training and "re-entry" officers from disability and sick leave to again supplement our efforts.

Police Cases

*On Dec. 18 at 10 a.m., Gang Task Force officers along with an officer were on the 100 block of Blythdale when they spotted a known gang member who was wanted on a no bail parole violation. The suspect resides on the 100 block of Blythdale. At 1:39 p.m. Gang Task Force officers along with an officer stopped a parolee on the 100 block of Blythdale and found the Daly City resident in possession of suspected cocaine. He was arrested for possession for sale of narcotics and a parole violation. At 3:03 p.m., officers stopped a driver for going through a stop sign at Sunnydale and Santos. The driver, who lives on the 1700 block of Sunnydale, was driving with a suspended license. He was cited and his 1995 Lexus was towed. At 4:20 p.m., officers were at Sunnydale and Hahn when they encountered two parties in the dispute. They ran a warrant check on a resident of the first block of Santos and found warrants for grand theft and driving unlicensed.

*On Dec. 19 at 10:30 p.m., officers went to the first block of Santos on a report of a trespasser. The contacted a resident there who was wanted on a no bail parole violation as well as a drunk driving warrant.

*On Dec. 20 at 3:30 p.m., narcotics officers were on patrol on the 1800 block of Sunnydale looking for a suspect who resides on that block who was wanted for sales of cocaine. They located the suspect and found additional cocaine. At 11:30 p.m., two victims were walking near their home on the first block of Ervine. A group of suspects, one of whom they knew, engaged them in conversation and a dispute arose. Two of the suspects then physically assaulted the victims causing injuries and blood to flow from the face, arms and legs of the victims. Officers came to the scene, tended to the victims and arranged for transportation to San Francisco General Hospital. The officers obtained a description of the suspect vehicle and suspects. While en route to the hospital, one officer spotted the suspect vehicle with the suspects getting gasoline at a service station at Bayshore and Silver. The officers stopped and detained five suspects, one of whom resisted arrest. The officers conducted an investigation and retrieved physical evidence, a baseball bat used in the assault and obtained an identification of two suspects. The suspects, who reside on Sparta Street and the 1000 block of Baker, were arrested on felony assault, weapons and probation charges.

*On Dec. 21 at 12:29 p.m., officers stopped a vehicle with no front license plate at Arleta and Alpha. The driver, who lives on Teddy Street, was driving with a suspended license and was uninsured. A search revealed that he was in possession of methamphetamine. At 11:34 p.m., officers observed two suspects in a vehicle acting suspiciously on the 1700 block of Sunnydale. A stop and subsequent search revealed suspected heroin in possession of a resident of Richmond, California.

*On Dec. 22 at 4:45 p.m., officers investigated a theft from a vehicle where the suspect had fled on the 1100 block of Visitaction. The officers located and identified the suspect, who has no local address, and booked her for receiving stolen property, auto tampering and theft.

*On Dec. 23 at 10:03 p.m., a police sergeant saw a person drinking an alcohol beverage at Rutland and Leland. A warrant check revealed that the resident of the 700 block of Jerrold was wanted on assault and theft charges.

*On Dec. 25 at 5:19 a.m., officers stopped a motorcyclist at Sunnydale and Talbert as he was not wearing a helmet. The suspect, who lives on Julian, was wanted on traffic and narcotics violations. At 2 p.m., an officer stopped a driver at Bayshore and Geneva for a turn violation. The driver, who lives on 25th Avenue, was wanted on a no bail theft warrant.

*On Dec. 26 at 3:09 a.m., an officer stopped a vehicle at Sunnydale and Rutland as the two occupants were fighting in the vehicle causing erratic driving. Once a stop was made, one of the occupants was found to be extremely intoxicated. The resident of the 300 block of Taylor was wanted on a prostitution warrant from Orange County. She then fought with the officers and struck the officers as well as spit repeatedly at them. Officers assisted in subduing the suspect. She was arrested on numerous charges.

*On Dec. 28 at 5 p.m., officers went to the 100 block of Blythdale on a violent restraining order violator who was back on the premise harassing his ex-girlfriend. The officers arrested the suspect on the stayaway order and a probation violation.

*On Dec. 30 at 8:30 p.m., officers went to the first block of Blythdale on a domestic violence case. While at the premises, one suspect attacked another in front of the officers. Two suspects were arrested for multiple felonies. The suspects reside on Blythdale and the 1100 block of Oakdale.

*On Dec. 31 at 5 p.m., officers went to the 200 block of Argonaut on a report from a victim that he had spotted his stolen vehicle. The officers found the vehicle and arrested the driver, who lives on Reuel Court, for auto theft.

*On Jan 2 at 2 p.m., a couple arrived home at their residence on the 300 block of Leland, the mother with a one year old child in her arms. As they went to the front door, the victims were confronted by two suspects, one of whom was brandishing a revolver. There appeared to be other suspects loitering in front of the residence. The victims were forced into their residence and ordered to hand over a purse and money. The armed suspects then fled on foot. Plainclothes officers were searching the area for the suspects at Visitacion and Schwerin. A citizen approached them and stated that four suspects, all wearing black clothing, were running in the area. Shortly thereafter, an officer from the Tactical Unit observed suspects running near the 1600 block of Sunnydale. He found a purse that had just been dropped to the ground that was subsequently identified as the purse taken in the robbery from the 300 block of Leland. The plainclothes officers are intimately familiar with the area and observed fresh footprints near the McLaren Golf Course. The officers traced the steps to an area on the 1700 block of Sunnydale where they spotted three suspects, all in black clothing, apparently nervously looking around in different directions. The officers recognized the suspects by name and their gang affiliation as "down below gangsters." When the suspects saw the officers, they immediately fled on foot toward Brookdale and then to Santos Street. Other officers joined the pursuit and followed the footprints to a house on the first block of Santos. The officers were allowed entry to the premises by a resident and found the suspects hiding under an upstairs bedroom. They found a firearm under a blanket and found wet clothing discarded. One adult with no local address and two juveniles who live on the 1700 block of Sunnydale and the 900 block of Ellsworth were arrested on robbery, burglary, weapons, conspiracy, false imprisonment, trespassing, resisting arrest and warrant charges. Evidence gleaned during the investigation links the suspects to the home invasion robbery on Leland. At 3:31 p.m., an officer stopped a vehicle at Sunnydale and Hahn for an equipment violation. The driver, who lives on the 100 block of Hahn, was driving unlicensed. He was cited and his 1987 Honda was towed. At 7:05 p.m., a police sergeant stopped a vehicle at Hahn and Sunnydale for no license plate. The driver, who lives in San Leandro, was driving with a suspended license and was uninsured. He was cited and his 1990 GEO was towed.

*On Jan. 3 at 7:10 p.m., a police sergeant stopped a vehicle at Sunnydale and Hahn for having no license plates. The driver, who lives on Blythdale, was driving with a suspended license. She was cited and her 1989 Hyundai was towed.

*On Jan. 4 at 4 p.m., officers were approached at the Sunnydale Police substation, 1550 Sunnydale, by a witness who stated that a man had just stabbed another man up the street in the chest and arm. The officers located the suspect who had a bloody knife on his person. They also located several witnesses to the stabbing and summoned medical assistance. A homeless suspect was booked for attempted murder. At 7:05 p.m., officers responded to a community meeting at 1252 Sunnydale as private security indicated that a participant was armed with a gun. The officers located the suspect and retreived a loaded .45 caliber automatic. The resident of the 100 block of Britton was arrested on weapons charges.

*On Jan. 5 at 2:13 p.m., an officer stopped a vehicle at Sunnydale and Cora for a registration violation. The driver, who lives on Quesada, was driving unlicensed and uninsured. He was cited and his 2003 Dodge was towed. At 3:05 p.m., an officer arrested a resident of the 1600 block of Sunnydale and the first block of Ellington at Persia and Mission for walking across the street against a red light, narrowly missing passing vehicles. At 8:40 p.m., an officer stopped a vehicle at Santos and Velasco for an equipment violation. The driver, who lives on the 1700 block of Sunnydale, was driving with a suspended license. He was cited and his 1988 GMC was towed.

*On Jan. 6 at 6 p.m., an officer observed a vehicle at Sunnydale and Santos going ten miles an hour and going through stop signs. She stopped the driver and found that the resident of the 1700 block of Sunnydale was drunk, had open alcohol containers, was driving with a suspended license and had a warrant for driving with a suspended license.

*On Jan. 7 at 3:10 p.m., officers went to the 100 block of Britton on a threats case against two victims. The suspect had threatened to kill both. The officers tracked the suspect down at UCSF and arrested the resident of Liebig on threats charges.

*On Jan. 9 at 3:41 p.m., officers stopped a resident of Castillo Street who went through a stop sign and was unlicensed. The suspect was cited and his 1994 Ford was towed. At 7:19 p,m,, officers stopped a car with two occupants at Sunnydale and Rutland for a registration violation. One suspect, from the 100 block of Loehr, was wanted on a no bail warrant for domestic violence and felony assault. The other suspect, from Oakland, was wanted on two drunk driving warrants.

*On Jan. 10 at 10:20 a.m., an officer went to Luther Burbank School and cited two suspects for battery who had been bullying a another student and then placed him head first in a garbage can. The suspects reside on the 600 block of Prentiss and the 100 block of Brookdale. At 8:40 p.m., officers admonished a juvenile resident of Bacon Street for battery.

*On Jan. 11 at 7:14 p.m., a police sergeant was parked at Leland and Cora when she heard a loud noise and saw a vehicle take off at a high rate of speed. The sergeant followed the vehicle and observed the driver go through stop signs and continue at a high rate of speed. She stopped the vehicle at a deadend on Sunrise. She was joined by other officers. The driver was unlicensed and had a narcotics sales warrant with no bail. He resides on the 100 block of Venus. The passenger, who lives on the 1800 block of Sunnydale, had a no-bail juvenile warrant for her arrest.

*On Jan. 13 at 2 a.m., officers went to the first block of Tomaso Court on a report of a man breaking in. They determined that the person was a resident but was drunk. When the officers attempted to assist him, they smelled burnt marijuana from inside the premises. In the threshold of the house they discovered a large amount of marijuana. Narcotics officers were called and a search warrant revealed a cultivation operation in the house. The resident was arrested on narcotics charges. At 3:14 p.m., officers were in the area of Sunnydale and Hahn when they heard a car with screeching tires recklessly driving. They stopped the driver, who lives on the 1700 block of Sunnydale and found him to be unlicensed, uninsured and with a no bail parole warrant.

*On Jan. 14 at 12:10 a.m. a police inspector of the Robbery Detail arrested a resident of the 200 block of Blythdale for a prior robbery and a probation violation. At 1:44 p.m., officers went to the first block of Tucker and arrested a wanted fugitive there for a no bail assault warrant, a no-bail narcotics warrant and other misdemeanor warrants. At 5:15 p.m., an officer stopped a vehicle at Sunnydale and Rutland for a stop sign violation. The driver, who lives on the 200 block of Argonaut, was driving with a suspended license. She was cited and her 1985 Nissan was towed.

*On Jan. 15 at 11:30 p.m., officers were on patrol in the Blythdale and Santos area along with numerous other officers seeking to find the source of multiple gun shots. They observed known gang members loitering and driving in the area. One suspect who has a lengthy criminal record was stopped and subsequent investigation revealed him to be in possession of cocaine. The resident of San Pablo was was arrested. At 11:31 p.m., officers responded to a domestic violence case on the 100 block of Britton where a woman was screaming for assistance. The officers arrived at the residence and heard persistent screams and noise. They broke the door down and found a naked victim who had been beaten and dragged down some stairs by her hair. The suspect, upon seeing the officers, fled out the back door and attempted to flee over a fence. The officers were joined by other officers and the suspect was taken into custody. The suspect, a resident of Modesto, was booked for assault with intent to rape, possession of narcotics, domestic violence and felony assault.

*On Jan. 16 at 12:30 a.m., an officer stopped a vehicle at Felton and Gambier for an equipment violation. The driver, who lives on Silliman, was driving with a suspended license and was uninsured. He was cited and his 1982 Honda was towed. At 12:22 p.m., officers went to the first block of Brookdale on a fight. They located a suspect there, who lives in Daly City, and booked her on various misdemeanor warrants. At 3 p.m., an officer of the Gang Task Force along with two colleagues knew that a known gang member was loitering on the 1200 block of Sunnydale. They located the suspect and found suspected cocaine on his person. The transient was arrested on narcotics and probation charges.

*On Jan.17 at 1:30 a.m., officers went to the first block of Kelloch and arrested a boyfriend who had beaten his cohabitee. At 6:30 p.m., a police sergeant stopped a vehicle at Bayshore and Sunnydale for an equipment violation. The driver, who lives on the 200 block of Argonaut, was driving with a suspended license. He was cited and his 1987 Honda was towed.

*On Jan. 20 at 5 p.m., officers stopped a vehicle for an equipment violation at Delta and Wilde. Two brothers who live on the 900 block of Hamilton were cited for driving uninsured and for possession of marijuana. See Page 10

Bayview Police Station Update

by Bayview Captain Albert Pardini

Making a Police Report In San Francisco

There are four ways to make a police report:

1) By Telephone for Non-Emergency Incidents That Need An Investigation: Callers can receive assistance by calling (415) 553-0123 to report non-emergencies incidents. TTY callers will be transferred to a TTY call taker and translation assistance is available for limited English speaking persons. Note: Life threatening emergencies or crime-in-progess calls should be reported immediately by calling 9-1-1.

2) In Person by Going to Any of the 10 District Stations: Central: 766 Vallejo St. (at Stockton Street); Southern: 850 Bryant St. (at 7th Street); Bayview: 201 Williams St. (at Newhall Street); Mission: 630 Valencia St. (at 17th Street); Northern: 1125 Fillmore St. (at Turk Street); Park: 1899 Waller St. (at Kezar Drive); Richmond: 461-6th Ave. (at Geary Boulevard); Ingleside: 1 Sgt. John V. Young Lane; Taraval: 2345-24th Ave. (at Taraval Street); and Tenderloin: 301 Eddy St. (at Jones Street).

3) By Calling the Teleserve Department: Callers can contact the Teleserve Department to report property crime where no suspect information is available. The service is available from 8:30 a.m. to 4 p.m. Monday through Friday. Callers can be referred to the service by calling (415) 553-0123 or by calling direct at (415) 553-4912.

4) By Online Reporting: The service can be accessed via the SFPD website at www.sfgov.org/police and selecting the Online Reporting icon on the home page. Reports where there is no suspect information and no evidence that needs to be collected. Reports can be made for the following types of crimes: harassing telephone calls; auto burglary; graffiti; vandalism; lost property; and theft. You must have an email address to use this service. An added benefit is that when your report is reviewed and approved (usually within 5 days), an approved copy of the report will be emailed back to you.

Alcohol Use and Personal Safety

Alcohol use and the impact that it has on our personal safety affects Americans in more ways than merely driving under the influence alone. When we review the statistics below, we see just exactly how insidious and prevalent that influence can be.

According to a 1998 Federal Bureau of Justice study roughly 40 percent of all crimes, violent and nonviolent, are committed under the influence of alcohol. The National Highway Traffic Safety Administration found that in the year 2000 38 percent of all pedestrians killed in traffic accidents, who were 16 years of age or older, had alcohol in their system. The same study found that either the driver, the pedestrian, or both were intoxicated in 46 percent of all fatal pedestrian crashes, and the intoxication rate for pedestrians that were involved in collisions was nearly triple the rate that it was for drivers. Clearly alcohol use contributes more to criminal behavior, on and off the road, than any other one factor. So what can we do about that?

With the end of Prohibition in 1933, as a nation Americans chose to follow the path of responsible alcohol consumption and moderation over that of abstinence. After contemplating these alarming statistics we might all agree, putting these ideals to practice has proven a challenge. Roughly three in every ten Americans will be involved in an alcohol related crash at some time in their lives. Bearing this in mind, scientific estimates of the rate at which we metabolize alcohol might help us gauge appropriate levels of consumption while we are out on the town. To begin with, the average person metabolizes alcohol at the rate of approximately one drink an hour. A standard "drink" is roughly the equivalent of about 1.5 ounces of 80-proof liquor, 5 ounces of wine, or 12 ounces of beer. So, it takes us the better part of an hour for our blood alcohol content to return to zero after having imbibed that one drink, generally speaking.

Although blood alcohol content as low as 0.02 percent affects one's driving ability, and the likelihood of a crash, the legal blood alcohol limit in California is 0.08 percent. Regardless of our individual perceptions, with a blood alcohol content of 0.08 percent, all drivers, even drivers who are "experienced" drinkers, are significantly impaired. To reach that level a 170-pound man would have to consume more than four "drinks" in one hour on an empty stomach. Under the same conditions a 137-pound female would have to consume three. Remember, strong coffee and exercise will not accelerate the rate at which we metabolize alcohol. Only time will sober us up.

The consumption estimates that we have touched on may be adapted to reduce potentially threatening levels of intoxication among pedestrians and other persons celebrating as well. Don't forget, approximately 25 percent of all fatally injured pedestrians have blood alcohol contents greater than 0.20 percent. Ostensibly that 25 percent has consumed more than the equivalent of eight drinks in one hour as a 170-pound man and six drinks in one hour as a 137-pound woman. We can see, easily, how such persons may be at risk while at large in traffic rich metropolitan areas.

Keep in mind that the National Highway Transportation Safety Administration rates San Francisco as having the fourth highest pedestrian fatality rate nationwide, and nationwide an average of one pedestrian is killed every 108 minutes. Of those pedestrians killed 33 percent had a blood alcohol content of 0.08 percent or greater.

As to whether we attribute these frightening statistics to having repealed the Volstead Act, our 21st Century population demographics, or anemic public safety funding, in the end we must be our own, best personal safety advocates. We all wish to return home safely. So long as we pace ourselves, drink in moderation, watch the clock, and leave plenty of time at the end of the evening for sobering up, we will have one thing less to worry about.

Police Cases

*Tuesday, Dec. 27, 2:40 p.m., San Bruno Ave. at Silliman St., Street Robbery: An officer took a counter report from a robbery victim at Bayview Station. The victim described how he was walking down San Bruno Ave. at Silliman when 8 black male juveniles started following him. The youths demanded to know, "What sect you from?" After the victim stated that he did not belong to a "sect," the juveniles grabbed him and pulled his jeans off. The suspects fled on foot with the victim's jeans. The victim described the suspects as black males, 15-16 years old. They were all about 5'03" tall and weighed around 120 lbs.

*Thursday, Jan. 5, 1:30 p.m., 500 Block of Somerset St., Street Robbery and 6:20 p.m., Bacon and Goettingen Sts., Street Robbery: In two separate incidents there were street robberies in the Portola District. In the first incident a young woman was approached by four black female juveniles and had her purse ripped from around her neck. When woman attempted to keep her purse, one of the suspects put the victim in a headlock and dragged her to the ground. In the second incident another young woman was walking down the street when she was approached by a black female juvenile who asked her, "What you got?" When the victim replied that she had nothing the suspect grabbed her and rummaged through her pockets. The loss was a cell phone. Both cases are under investigation and are being reviewed to see if they are connected.

Visitacion Valley Police Report

From Page 9

Police Summaries

*Dec. 17: 547 Sawyer St., stolen 1987 Toyota.
*Dec. 18: 10:30 a.m., First block of Rey St., bullet in car found from shooting on Dec. 16, 2005.
*Dec. 18: 4:10 p.m., First block of Brookdale Ave., robbery, pursesnatch.
*Dec. 18: 187 Blythdale Ave., found 2000 Mercedes.
*Dec. 19: 3 p.m., Visitacion Ave. and Mansell St., found 1987 Toyota.
*Dec. 20: 10:30 a.m., 3200 block of San Bruno Ave., burglary, bicycle from basement.
*Dec. 20: 12 noon, 1700 block of Geneva Ave., burglary, front door.
*Dec. 20: 209 Blythdale Ave., found 1997 Honda.
*Dec. 20: First block of Brookdale Ave., domestic violence, threats.
*Dec. 20: Britton and Visitacion Ave., stolen 1994 Saturn.
*Dec. 20: 1800 block of Silliman St., mental detention.
*Dec. 20: First block of Teddy Ave., harassing phone calls.
*Dec. 21: 4:35 p.m, (occurred November 2001) 100 Mansell St., sexual battery.
*Dec. 21: 37 Blythdale Ave., found 1982 GMC.
*Dec. 21: 1900 block of Sunnydale Ave., domestic violence, threats.
*Dec. 21: First block of Towerside Ave., threats to witness.
*Dec. 23: 1:30 p.m., 300 block of Campbell Ave., burglary, victim confronts suspects at front door, they flee.
*Dec. 23: 420 Argonaut Ave., stolen 1995 Saturn.
*Dec. 23: 401 Campbell Ave., found 1993 Honda.
*Dec. 23: First block of Talbert St., breaking windows.
*Dec. 23: 200 block of Talbert St., stolen 1987 Chevrolet.
*Dec. 25: 12 noon, First block of Alpha St., burglary, side door, computer/shoes.
*Dec. 25: 8 p.m., First block of Garrison Ave., shooting into parked vehicle.
*Dec. 26: 11:35 a.m., First block of Blythdale Ave., ten shots fired, vehicles hit, no injuries reported.
*Dec. 26: 145 Addison St., stolen 2005 Ford.
*Dec. 26: First block of Blythdale Ave., threats/suspect out of town.
*Dec. 26: 800 block of Colby St., domestic violence.
*Dec. 26: Delta and Sunnydale Ave., found 1999 Chevrolet.
*Dec. 26: 100 block of Garrison Ave., threats.
*Dec. 26: 191 Peabody St., found 2000 Honda.
*Dec. 26: 200 block of Peabody St., domestic violence.
*Dec. 26: 1600 block of Sunnydale Ave., gang member flees officer.
*Dec. 26: 1900 block of Sunnydale Ave., breaking windows.
*Dec. 27: 2:34 p.m., First block of Arleta Ave., officers spot possible vehicle used in shooting in Daly City, suspect takes off in vehicle and escapes.
*Dec. 27: 4 p.m., 200 block of Blythdale Ave., burglray, back door.
*Dec. 27: 10:05 p.m. First block of Ervine St., robbery, carjacking.
*Dec. 28: 11 a.m., Visitation Ave. and Schwerin St., robbery, gun, waiting for bus, took purse.
*Dec. 28: 1700 Sunnydale Ave., found 1998 Chrysler.
*Dec. 29: 8:45 p.m., Sunnydale Ave. and Hahn St., victim shot in leg, uncooperative.
*Dec. 29: 140 Britton St., found 1997 Buick.
*Dec. 29: Hahn and Sunnydale Ave., theft of computers.
*Dec. 29: 400 block of Raymond Ave., theft from vehicle.
*Dec. 29: 200 block of Rutland St., death, 50 year-old female.
*Dec. 29: 1840 Sunnydale Ave., stolen license plate.
*Dec. 29: 23 Tioga Ave., stolen 1991 Toyota.
*Dec. 30: 6:30 a.m., Crocker Amazon Playground, dog bite, pit bulls attack small dog.
*Dec. 30: 614 Campbell Ave., found 1986 Toyota.
*Dec. 30: 100 block of Santos St., annoying phoned calls.
*Dec. 31: 3:20 a.m., 1900 block of Sunnydale Ave., domestic violence, suspects resides in Fairfield.
*Dec. 31: 3:35 p.m., 100 block of Hahn St., assault, suspect lives on 18th Ave.
*Dec. 31: 266 Brookdale Ave., stolen 1989 Dodge.
*Dec. 31: 1700 block of Sunnydale Ave., found 15 year-old boy.
*Jan. 1: First block of Brookdale Ave., breaking windows.
*Jan. 1: 100 block of Raymond Ave., breaking windows.
*Jan. 1: 1500 block of Sunnydale Ave., malicious mischief.
*Jan. 2: 200 block of Argonaut Ave., found 47 year-old man.
*Jan. 2: 300 block of Wilde Ave., arson of vehicle.
*Jan. 3: First block of Alpha St., attempted stolen vehicle.
*Jan. 3: 83 Brookdale Ave., found 1989 Toyota.
*Jan. 3: 83 Brookdale Ave., found 1989 Chevrolet.
*Jan. 3: Santos St. and Velasco Ave., battery.
*Jan. 4: 8:30 a.m., 200 block of Raymond Ave., gunshots between occupants of two vehicles.
*Jan. 4: 9:54 a.m., 500 block of Raymond Ave., burglary attempted.
*Jan. 4: 800 Colby St., dispute.
*Jan. 4: 1788 Sunnydale Ave., found 1988 Dodge.
*Jan. 5: 2:15 a.m., Rutland St. and Arleta Ave., robbery, three suspects with guns took purse and necklace, struck victim on head with the gun.
*Jan. 5: Argonaut and Velasco Aves., found 1998 GMC.
*Jan. 5: 100 block of Britton St., missing juvenile, 14 year-old girl.
*Jan. 5: 100 block of Loehr St., missing child, 14 year-old girl.
*Jan. 5: 1600 block of Sunnydale Ave., harassing phone calls.
*Jan. 6: 1:44 p.m., First block of Brookdale Ave., burglary, backdoor, microwave.
*Jan. 6: 3 p.m. (occurred June 4-12, 2005), First block of Raymond Ave., burglary, money.
*Jan. 6: First block of Brookdale Ave., found juvenile/10 year-old girl.
*Jan. 6: First block of Heritage Ave., missing juvenile, 13 year-old girl.
*Jan. 6: 400 block of Raymond Ave., suspicious occurrence.
*Jan. 6: 129 Santos St., found 1989 Chevrolet.
*Jan. 7: First block of Blythdale Ave., domestic violence, suspect lives on Jerrold Ave.
*Jan. 7: 1800 block of Sunnydale Ave., stayaway violation.
*Jan. 7: 1800 block of Sunnydale Ave., breaking windows.
*Jan. 7: 1900 block of Sunnydale Ave., breaking Windows.
*Jan. 8: 100 block of Brookdale Ave., breaking Windows.
*Jan. 8: 2145 Geneva Ave., forgery.
*Jan. 9: First block of Santos St., felony assault, auspect known.
*Jan. 9: 6:45 p.m., Rio Verde St. and Velasco Ave., robbery with gun.
*Jan. 9: 2300 Bayshore Blvd., found 1992 Saturn.
*Jan. 9: 599 Raymond Ave., found 1993 Mercedes.
*Jan. 9: First block of Tucker Ave., missing 23 year-old man.
*Jan. 10: 6:20 p.m. (occurred Nov 5-12, 2005) 100 block of Brookdale Ave., burglary, suspects known.
*Jan. 10: 200 block of Rey St., assault.
*Jan. 10: 1100 block of Sunnydale Ave., trespassing, vandalism.
*Jan. 10: 1600 block of Sunnydale Ave., breaking windows.
*Jan. 10: 303 Teddy Ave., found 1987 Toyota.
*Jan. 10: First block of Tucker Ave., found 23 year-old man.
*Jan. 10: 600 block of Velasco Ave., mental detention.
*Jan. 11: Leland ve. and Cora St., found 15 year-old girl.
*Jan. 11: 600 block of Velasco Ave., medical assist.
*Jan. 12: First block of Raymond Ave., found 2005 Dodge.
*Jan. 12: 298 Schwerin St., stolen 1985 Buick.
*Jan. 12: 529 Visitacion Ave., found 1987 Dodge.
*Jan. 13: 399 Arleta Ave., found 1989 Ford.
*Jan. 13: 100 block of Rey St., custody dispute.
*Jan. 14: 100 block of Blythdale Ave., bullet hole in car.
*Jan. 14: 700 block of Delta St., death, 75 year-old woman.
*Jan. 14: 101 Peabody St., found 1988 Chevrolet.
*Jan. 14: First block of Raymond Ave., death, 24 year-old woman.
*Jan. 14: Visitacion Ave. and Sawyer St., vehicle strip.
*Jan. 15: 9:53 a.m., 3500 block of San Bruno Ave., theft and assault.
*Jan. 15: 10:16 pm Sunnydale Ave. and Hahn St., robbery, pursesnatch.
*Jan. 15: First block of Brookdale Ave., domestic violence.
*Jan. 15: 166 Tioga Ave., stolen 1988 Toyota.
*Jan. 16: 600 Mansell St., stolen 1991 Nissan.
*Jan. 16: 785 Sunnydale Ave., stolen 2002 Toyota.
*Jan. 17: 400 block of Harkness Ave., death, 80 year-old woman.
*Jan. 17: San Bruno and Wilde Aves., theft from vehicle.
*Jan. 18: 8:30 a.m., First block of Raymond Ave., burglary, window, computer.
*Jan. 18: 5:34 a.m., 1500 block of Sunnydale Ave., pursesnatch.
*Jan. 18: First block of Kelloch Ave., lost property, cell phone.
*Jan. 18: 600 block of Velasco Ave., breaking windows.
*Jan. 19: 4:30 pm 100 block of Blythdale Ave., burglary, back door, food.
*Jan. 19: 100 block of Blythdale Ave., brandishing weapon.
*Jan. 19: First block of Garrison Ave., mental detention.
*Jan. 19: 1200 block of Goettingen St., missing adult.
*Jan. 19: First block of Leland Ave., found 14 year-old girl.
*Jan. 19: 400 block of Raymond Ave., suspicious occurrence.
*Jan. 19: 400 block of Raymond Ave., theft.
*Jan. 19: 1800 block of Silliman St., missing person, 58 year-old woman.
*Jan. 19: 1345 Visitacion Ave., found 1993 Nissan.
*Jan. 20: 569 Rey St., stolen 1993 Jeep.
*Jan. 20: 1923 Sunnydale Ave., found 1992 Subaru.
*Jan. 21: 5 Tioga Ave., found 1989 Toyota.

Protect Yourself from Internet Fraud

by CA Attorney General Bill Lockyer

Criminals have found new and creative ways to use the Internet to obtain consumers' identifying data, such as passwords or banking information, then use them to gain access to financial accounts, credit card numbers and other personal information.

One of the most common measures used by sophisticated identity thieves are official-looking e-mails to trick consumers to "update" or "validate" their information, including their account number, Social Security number or password. This is called "phishing."

This spam (unsolicited mail) uses legitimate-sounding names of companies — using all or part of a legitimate company's name — and includes a link that closely resembles its web site, complete with company logo and color schemes. Small and large companies have been "spoofed" in this way to trick consumers into disclosing confidential information.

To avoid e-mail scams, be wary if you receive mail that contains generic greetings, such as "Dear AT&T Member," or a false sense of urgency. Do not open the mail, simply delete it. If you open it, you could be opening your computer to viruses or devices that can record everything you type, including user passwords and account information, and have the data sent automatically to the identity thief or be harvested later. The best way to deal with spam is to delete it.

Additionally, to avoid Internet fraud, protect your computer in these ways:

*Install anti-virus software that protects your computer from any type of malicious code, including viruses, worms, trojan horses, adware and spyware. Update it frequently and keep it on. Include firewall protection, which defines what type of communications are and are not allowed – blocking attacks.

*Update your computer's operating system, browser and other programs on a regular basis by downloading the most current "patches." A patch fixes bugs, adds new features and closes security "holes" in programs that can allow infections in your computer.

*When purchasing products online, be sure you are using a secure site. Look at the top of your screen to see if the web site address includes https://, instead of http://. The "s" means the site is secure. Also, look for the unbroken key symbol or locked padlock icon at the bottom of your screen, which also means that private information, such as your credit card number, is more likely to be secure when you transmit it electronically to the company.

*Do not share your login access codes (user name and password) with anyone, and change your passwords on a regular basis.

*Always "logout" of online sessions that require you to use a password or login process, and close out the browser. Unauthorized transactions and activity can occur if you leave your online session accessible to other people.

*Check your bills and credit report frequently to be sure that no one is using your accounts. Free credit reports can be ordered through www.annualcreditreport.com, or by calling (877) 322-8228.

For additional information on protecting yourself against fraud on the Internet, visit http://ag.ca.gov/consumers/alert.htm, www.usdoj.gov/criminal/fraud/idtheft.html, or www.ftc.gov/idtheft. If you believe that you have been scammed, file your complaint at www.ftc.gov, or the Internet Fraud Complaint Center at www.ifccfbi.gov.

Lifesaving Program For Teen Drivers

In an effort to help teens cope with the dangers of the road, AAA of Northern California is launching Driver-ZED, a new computer program designed to teach teens lifesaving driving skills.

Driver-ZED is an interactive computer DVD-ROM that allows teen drivers to gain experience at recognizing dangerous driving situations in a safe virtual environment. The software offers teens more than 80 different live-action scenarios in a wide variety of driving venues - on highways, in towns and rural areas, and through roadwork zones.

According to the Insurance Institute for Highway Safety, a 16-year-old is four times more likely to be involved in a fatal crash than a driver age 21 or older. Research by the California Highway Patrol found that teenage drivers comprise only four percent of the state's drivers, but account for almost 10 percent of its traffic fatalities.

Copies of Driver-ZED can be ordered at www.csaa.com. The software is free for members of AAA. The cost for non-members is $7.

Visitacion Valley Business Directory

Valley free listings in the 415 area code. Call the Grapevine at (415) 467-9300

ANTIQUES
JM CHINESE ANTIQUES & AQUARIUM, 144 Leland Ave., 586-1038
AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
BROTHER'S AUTO BODY, 2520 Bayshore Blvd
CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450
TW AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281
BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501
BAKERS
LITTLE OUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
BARBERS
DeMAS'S BARBER SHOP, 35 Leland Ave
THE SHOP (JB), 178 Leland Ave., 239-6709
BEAUTICIANS
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY, 50 Leland Ave., 333-6800
WHO'S BADD, 224 Leland Ave., 657-3156
BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506
BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693
BOOKKEEPERS
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333
CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382
CASKETS
CASKETORIUM, INC., 93 Leland Ave., 585-3451
CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
COFFEE
CANDLESTICK COFFEE, 2155 Bayshore Blvd., 467-2442
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
JOE, 28 Leland Ave.
CREDIT UNION
NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738
DAY CARE
CAROUSEL DAY CARE, 261 Hahn St., 469-5353
DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500
DEVELOPERS
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnydale Ave., 587-7895
ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657
FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave 468-0145
GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
GROCERS
CASA LOPEZ PRODUCE, 58 Leland Ave., 586-4745
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wilde St., 467-3024
LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE, 2155 Bayshore Blvd., 468-6800
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TEDDY'S MARKET, 298 Teddy Ave.
HERBS
SAN ON HERBS, 33-A Leland Ave. 333-7469
HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631
INSURANCE
EOIE EPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276
ROBERT LEHMAN, CLTC (Blue Cross), 333-0850
KITCHEN CABINETS
LEE CHANG INTERNATIONAL, 25 Leland Ave., 333-2730
LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave.
CITY WASH, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave
FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030
LEARNING
3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320
LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270
MANUFACTURER
NATIONWIDE PAPER, 345 Schwerin St., 586-9160
MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 1099 Sunnydale Ave. Appointments: 715-0310
DR. SAM HO, MD, 9 Silliman St. No. 4, 337-6135
NORTHEAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel) 2858 San Bruno Ave. 467-7500
NOTARY
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900
ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwerin St., 584-4044
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499
PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811
PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620
PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401
POST OFFICE
VISITACION USPO, 68 Leland Ave., (800) 275-8777
REAL ESTATE
JUSTYNA P. TO (Century 21), 2488 Junipero Serra Blvd., Daly City 94015, (650) 991-5215, Mobile (415) 830-1235
CATHY KLINE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave. 731-5011 ex. 163
RESTAURANTS
BAYSIDE CAFE, 2011 Bayshore Blvd., 467-2023
CLIFF'S BAR-B-Q & SEAFOOD, 2177 Bayshore Blvd 330-0736, Fax 330-9813
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
HERNANDEZ TAQUERIA & BAKERY, 98 Leland Ave., 587-7721
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
MISS MATTIE'S SUNFLOWER BLUES CAFE, 107 Leland Ave., 333-8854
PHO Y & G RESTAURANT, 73 Leland Ave., 469-5686
TWO JACK'S, 167 Leland Ave., 337-0433
SCULPTOR
CARTORIGINALS (Mikal Carter), 2 Hahn St., 239-4138
SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608
SERVICE PROVIDERS
THE VILLAGE, 1099 Sunnydale Ave., 239-5045
VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING (VVBESST), 120 Leland Ave.
VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave., 467-6400
VVCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 1099 Sunnydale Ave., 239-2866
TAVERN
THE CLUB HOUSE, 25 Blanken Ave
TELEPHONE
O & A WIRELESS, 78 Leland Ave., 452-4139
VARIETY
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923

Top Five Ways to Save on Auto Insurance

by Abbey Wagner

Motorists looking to drive down their auto insurance costs will get good mileage from InsWeb's top five ways to do just that:

1. Shopping Around. This is the number one way of saving money on insurance. Are you sure you're getting the best deal possible with your current insurance company? Many people find it easy to stay with the same company for years, but fail to realize they have the potential to save hundreds of dollars each year by comparing quotes from multiple companies. You should shop around at least twice a year to see if you are getting the best deal possible.

2. Multi-policy Insurance. Various insurance companies offer various discounts if you insure more than one vehicle on a single policy, or if you have your home insured with the same company that insures your vehicle(s).

3. The Higher the Deductible, the Less $ Out of Your Pocket? Yes, it's true; the higher your deductible is, the lower your premium. However, you must be careful not to get in accidents with a higher deductible, as this is the amount that will come out of your pocket before your insurance company starts paying for the rest of the damage to your vehicle. If you find yourself with more financial comfort in the future, you might think of lowering the deductible(s) you raised when you needed to save money.

4. Check Before Buying. Before you buy a new vehicle, compare insurance quotes. This way, you can see how much it will cost to insure (and possibly change your mind if you find a vehicle with a lower rate) and have quotes to return to if you end up buying the vehicle and need to quickly insure it. High-profile cars, cars that commonly have parts stolen, and cars that are expensive to fix will cost you more to insure.

5. Discounts, Discounts, Discounts. There are many discounts available to drivers. To learn more about auto insurance discounts, visit www.InsWebSave.com.

Abbey Wagner is a spokesperson for InsWeb, a site that offers viewers multiple quotes on auto insurance. **NAPS**

SPCA Hosting a "Bark & Whine" Ball

Two-legged and four legged party animals are welcome at the 11th Annual Bark & Whine Ball at the San Francisco Gift Center Pavilion from 7 to 10:30 p.m. on Thursday, Mar. 2.

Critter Lovers At Work (CLAW), the volunteer fundraising arm of The San Francisco Society for the Prevention of Cruelty to Animals (The SF/SPCA), invites humans and their canine dates to come with white tie and tails wagging to the annual event.

The evening hosts pooches and their two-legged companions for an evening of dining and dancing beginning at 7 p.m.

Proceeds from the event benefit The SF/SPCA's Cinderella Fund, which provides special treatment and medical care for ill or injured shelter dogs and cats. Once restored to health, these companion animals are ready to be placed in the loving homes they deserve.

Crossword Puzzle Solution

	W	B	N		A	M	O		A	B	A	
B	I	L	E		R	A	S		F	I	L	E
A	S	E	A		I	R	I	S	R	O	O	T
A	E	S		T	A	C	E	T		L	E	A
		S	T	A	D		R	E	M			
P	A	I	R	I	N	G		W	I	T	C	H
O	R	N	E		E	A	T		A	I	R	E
D	E	G	A	S		P	E	L	O	R	U	S
			D	A	S		N	I	U	E		
A	G	A		T	E	L	A	E		F	Y	I
C	A	N	I	S	T	E	R		R	A	A	D
C	I	O	N		U	N	E		A	C	L	E
	A	N	C		P	A	S		F	E	E	

FAMILY & COMMUNITY SERVICES CENTER

VISITACION VALLEY COMMUNITY CENTER, INC.

Parenting Education Workshop
Tuesday, February 283
5:30 to 6:30 p.m.
at 161 Leland Ave.
Topics: Child Development, Leadership Skills
Guest Speaker from Family Ambassador Project

For more information, contact the staff of Family and Community Services Center:
Meriam T. Abalos, FCSC Director
Marichelle Punzalan, Assistant Coordinator
Tammie Lawrence, Outreach Worker
Joyce Boone, Family Counselor

Monday and Friday: 9 a.m. - 4:30 p.m.
Tuesday, Wednesday, Thursday: 9 a.m. - 7 p.m.
Saturday: 9 a.m. - 3:30 p.m.
Email: meriam_vvcc@sbcglobal.net

Parent's Advisory Council Meeting, Thursday, February 2 5:30 to 7 p.m. at 161 Leland Ave.

Multicultural Events, Friday, February 2, 5:30 to 7 p.m. at Visitacion Valley Elementary School

Court Mandated Men's Class
Wednesdays 6 to 8 p.m.
February 1, 8, 15 and 22 at 161 Leland Ave.

Meet & Eat with Games and Activities
Friday, February 10, Thursday, February 23 and Friday, February 24, 5:30 to 7 p.m. at 161 Leland Ave.

Enhance Information and Referral Drop-in
Every Monday through Friday, February 1 through 27
9 am. to 5 p.m. at 161 Leland Ave.

Family Counseling by Appointment,
4:30 to 5:30 p.m., February 13 at 161 Leland Ave.
Contact Julia Carmen at (650) 738-8045 or the FCSC staff.

Free Food Distribution, 3 to 4 p.m.
Monday, February 6, 13, 20 and 27 at 161 Leland Ave.
Emergency food box available anytime. For more information, call (415) 586-6998, Monday-Friday, 9 a.m.-5 p.m.

161 Leland Avenue **(415) 586-6998 Fax 586-8027**

Cathy began looking at Visitacion Valley real estate in 1949, and she's been out in front of the competition ever since.

Cathy has been the most successful REALTOR® in Visitacion Valley for more than 20 years.

She was born and raised in the Valley, and has successfully represented buyers and sellers for years. She's actively involved in neighborhood charities and community events.

For all your real estate needs, call Cathy!

Cathy Kline Saunders
Broker Associate, REALTOR®
415.731.5000 ext 163

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